



A PROJECT BY HONORS STUDENTS:

# Religions of Des Moines

SPRING/SUMMER 2020 | DES MOINES, IOWA







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This category includes Christian churches and denominations that trace their lineage back to the early Christian church rather than through the lineage of Orthodoxy, Catholicism, or one of the Protestant churches.

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- New Testament Christian Church
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## ► Introduction

Religions of Des Moines is an informational booklet aimed at connecting students at Drake University with religious communities in the region. Our hope is not only to allow students to find religious communities in which they feel at home, but also to encourage them to step outside of their comfort zone.

The booklet is organized by general groupings of religion alphabetically, which will allow students to quickly find information relevant to them while also allowing them to browse a wider range of communities.

This booklet aims to be distributed throughout the Greater Des Moines Area, focusing specifically on Drake University residence halls for undergraduate students new to Des Moines. Religions of Des Moines has been a project of love and community, helping to create and strengthen new and old bonds between students and the communities that surround us.





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Ashworth Church  
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Corinthian Baptist Church  
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Des Moines 7th Day Adventist Church  
Des Moines Spanish Church SDA  
Eastside Church of the Nazarene  
Epworth United Methodist Church  
Faith Church of the Nazarene  
Faith Missionary Baptist Church  
Fellowship Baptist Church  
First Christian Church  
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First United Methodist Church  
Grace Lutheran Church  
Grace Reformed Presbyterian Church  
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Iglesia Luterana El Pastor del Valle  
Immanuel United Methodist Church  
Indianola Heights Evangelical Free Church  
Jordan Crossing Church  
Kyles A.M.E. Zion Church  
Lighthouse Community Church  
Lincoln Heights Lutheran Church  
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Revive Church of the Nazarene  
Saint Aidan Anglican Church  
Saint Andrew's Episcopal Church  
Saint John's Lutheran Church  
Saint Luke's Episcopal Church  
Saint Mark's Episcopal Church  
Saint Mark Lutheran Church  
Saint Paul AME Church  
Saint Paul's Episcopal Church  
Saint Timothy's Episcopal Church  
SDA Church of Woodland Hills  
Shepherd of the Valley Lutheran Church  
Southside Church of the Nazarene  
Sovereign Reformed Church  
Trinity Las Americas United Methodist Church  
Trinity Lutheran Church  
True Bible Baptist Church  
Unity Evangelical Lutheran Church  
Unity Church of Des Moines  
Valley United Methodist Church  
Westchester Evangelical Free Church  
Westminister Presbyterian Church  
West Des Moines Christian Church  
West Des Moines United Methodist Church  
Windsor United Methodist Church

### HINDUISM

Hindu Cultural and Educational Center  
Hindu Temple and Cultural Center  
Sathya Sai Center of Ames and Des Moines

### ISLAM

Bosnian Islamic Center ZemZem  
Bosniak Es-Salem Mosque  
Ezan Islamic and Education Center  
Islamic Center of Des Moines  
Masjid An-Noor  
Masjid Rahmat e Alam  
Masjid Sahabah  
Shafia Islamic and Cultural Center  
Tawba Islamic Center

### JAINISM

Des Moines Jain Social Group

### JUDAISM

Maccabee's Kosher Deli  
Tifereth Israel Synagogue  
Temple B'nai Jeshurun

### SIKHISM

Sikhs of Iowa Khalsa Heritage, Inc.  
Iowa Sikh Association

### OTHER

First Unitarian Church  
Iowa Atheists and Freethinkers  
The Covenant of Unitarian Universalist Pagans  
Unity Church of Des Moines





# Baha'i Community of Des Moines



## Baha'i Community - Des Moines

- ▶ LOCATION
  - ▶ Varies – different members take turns hosting meetings in their homes
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: BAHAI FAITH
- ▶ CONTACT INFORMATION
  - ▶ (515) 346-8849
  - ▶ <http://desmoinesbahai.org/>
  - ▶ [desmoines.iowa.lsa@gmail.com](mailto:desmoines.iowa.lsa@gmail.com)

## COMMUNITY ETIQUETTE

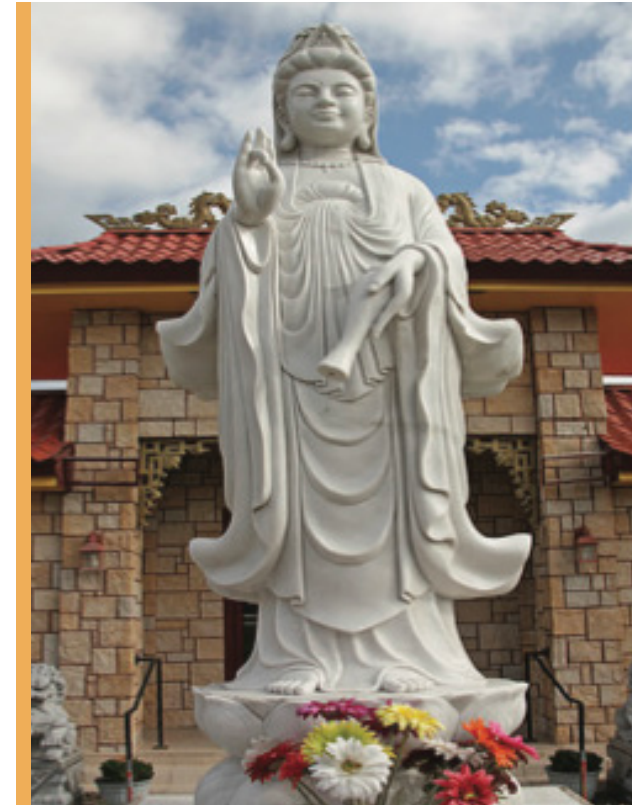
- Meetings are held every 19 days and typically at different locations and times.
- The community communicates via email and WhatsApp
- Informal meetings that are a nice way to get to know one another and share the basics of the faith, social time at meetings, devotional meetings
- They have a Baha'i Feast which is comparable to a Sunday/Holy service
- There is no required dress code.

## Baha'i Community of West Des Moines

- ▶ LOCATION
  - ▶ Varies – different members take turns hosting meetings in their homes
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: BAHAI FAITH
- ▶ CONTACT INFORMATION
  - ▶ (515) 346-8849
  - ▶ <http://desmoinesbahai.org/>
  - ▶ [desmoines.iowa.lsa@gmail.com](mailto:desmoines.iowa.lsa@gmail.com)



# Chua Hong Ân



## VIETNAMESE BUDDHIST TEMPLE

- ▶ LOCATION
  - ▶ 1419 Martin Luther King Jr. Pkwy  
Des Moines, IA 50311
- ▶ LANGUAGE: VIETNAMESE & ENGLISH
- ▶ BRANCH OF RELIGION: BUDDHISM (MAHAYANA)
- ▶ LEADER: THICH (THAY) VIEN GIAO
- ▶ CONTACT INFORMATION
  - ▶ (515) 288-6944
  - ▶ [www.chuahongan.com](http://www.chuahongan.com)

## HOURS

Sunday 11:00AM - 12:00PM (Open To The Public)

## DRESS CODE

Casual and comfortable, but modest.

## COMMUNITY ETIQUETTE

- Take your shoes off before entering the space of worship
- Bow to Buddha as a sign of respect
- Bow when greeting someone, especially a monk
- Move along the room with the wall to your right
- Sit in the chairs along the side if you do not wish to actively pray
- Do not point either your fingers or your feet at Buddha, sacred objects, or monks
- Do not touch Buddha statues, monks or sacred relics
- Do not be loud and obnoxious
- Do not try to go in the "front" door of the place. It is locked, and going in this way would cause your feet to point at Buddha





# Des Moines Zen Center

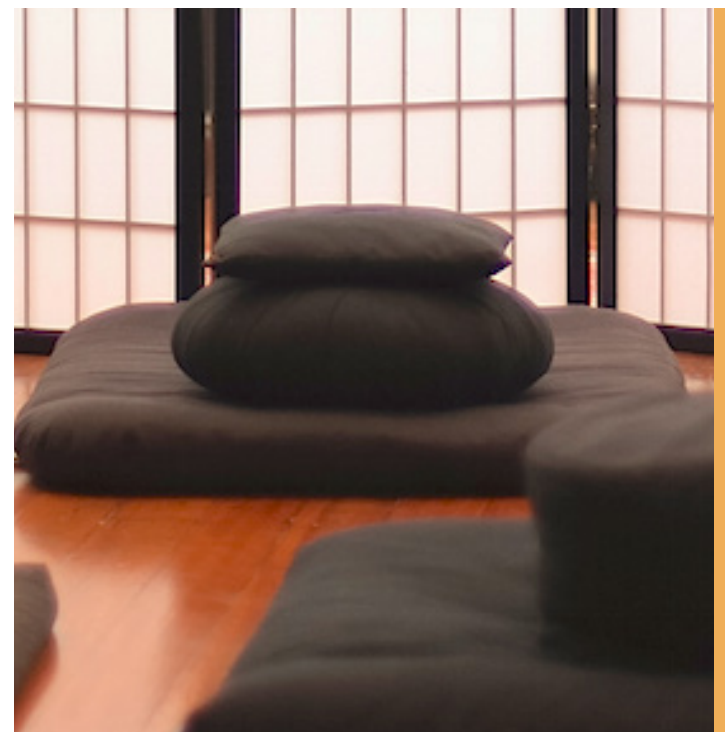


## BUDDHIST TEMPLE

- ▶ LOCATION
  - ▶ 6901 SW 14th St  
Des Moines, IA 50315
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: SOTO ZEN BUDDHISM
- ▶ LEADER: EIDO ESPE, HEAD PRIEST
- ▶ CONTACT INFORMATION
  - ▶ [www.dmzencenter.org](http://www.dmzencenter.org)
  - ▶ [info@dmzencenter.org](mailto:info@dmzencenter.org)

## SUMMARY

What is Zazen? Zazen is the practice of sitting meditation. At the Des Moines Zen Center Zazen occurs twice a week (once on Wednesday and once Sunday morning). When it's time for everyone to begin getting ready for Zazen someone will rap on a wooden plank, signaling it's time for everyone to move out of the common area.



## COMMUNITY ETIQUETTE

- Ask questions when you enter
- Relax and do your best to meditate for the full 40 minutes
- Take your shoes off when you enter the building
- Do not have conversations with others during Zazen
- Do not take photos in the zen room

## HOURS

Services      Tuesday 7:00PM (Every 3rd Tues.)  
                     Wednesday 6:00-6:40PM  
                     6:40PM (Every 2nd & 4th Wed.)  
                     Sunday 8:00-8:40AM  
                     8:40AM (Every 2nd Sun.)

## DRESS CODE

Dress in casual clothes that are comfortable to sit in for long periods of time

# Pure Land of Iowa



## BUDDHIST TEMPLE

- ▶ LOCATION
  - ▶ 8364 Hickman Rd  
Clive, IA 50325
- ▶ BRANCH OF RELIGION: CHINESE PURE LAND AND TIBETAN BUDDHISM
- ▶ LEADER: HELEN LIU, EVELINA CHEN
  - ▶ [helenchenliu@gmail.com](mailto:helenchenliu@gmail.com)
  - ▶ [ec@vintco.com](mailto:ec@vintco.com)
  - ▶ <http://purelandofi-wa.org/>
  - ▶ [admin@purelandofi-wa.org](mailto:admin@purelandofi-wa.org)
  - ▶ 515-278-4146

## COMMUNITY ETIQUETTE

- Remove shoes before entering the temple
- Don't point outstretched legs toward the altar, Buddha, statues, or the monks
- Expect chanting, Tibetan practices, general meditation, and study groups



## HOURS

Prostration to 35 Buddhas Service  
    Sunday Service 9:00 - 10:00AM  
 "Why Prostration to 35 Buddhas Practice  
 Is So Important?"  
    Sunday Class 10:00 - 10:50AM  
 Ritual for Rebirth in the Pure Land  
    Sunday Service 11:00 - 12:20PM  
 Half Day of Zen: 1st and 3rd Saturday  
    Saturday Service 1:30 - 4:30PM  
 Guided Meditation  
    Friday Service 6:00 - 7:00PM

## DRESS CODE

Dress modestly.



# Tu Vien Hong Duc



## VIETNAMESE BUDDHIST TEMPLE

- ▶ LOCATION
  - ▶ 5906 Southwest 9th Street  
Des Moines, IA 50315
- ▶ LANGUAGE: VIETNAMESE
- ▶ BRANCH OF RELIGION: VIETNAMESE PURE LAND
- ▶ LEADER: THAY
- ▶ CONTACT INFORMATION
  - ▶ (515) 256 - 8176
  - ▶ www.tvhd.smugmug.com
  - ▶ TuVienHongDuc@yahoo.com

## SUMMARY

Twenty to fifty people attend a given service, depending on whether it is a holiday or a regular service. A monk named Thay (Vietnamese for "master") and a nun named Co (pronounced "go") are the two leaders at each service. A typical service is composed of one Dharma talk led by the monk and a series of chants conducted by the monk as well as the congregation in Vietnamese.

## HOURS

Dharma Talk	Sunday 2:00PM
Chanting Meditation	Sunday 3:00PM

## DRESS CODE

Dress modestly.

## COMMUNITY ETIQUETTE

- Come with an empty stomach, you will be fed
- Follow along with the service, it is a welcoming community and an experiential learning experience
- Look into the eyes of the Master and see what he is saying through his body language and his heart
- When greeting or thanking someone, clasp hands, bow head and say "A-di-đà Phật," the Vietnamese phrase for Amitābha
- Don't point feet near statue of the Buddha
- Don't wear shoes anywhere, take them off upon arrival



# Wat Lao Buddhavath of Iowa



## BUDDHIST TEMPLE

- ▶ LOCATION
  - ▶ 1804 E Park Avenue  
Des Moines, IA 50320
- ▶ LANGUAGE: LAOTIAN
- ▶ BRANCH OF RELIGION: BUDDHISM (THERAVADA)
- ▶ LEADER: AJAHN SOMPHAN
- ▶ CONTACT INFORMATION
  - ▶ Donechanh Southammavong  
▶ donechanh@hotmail.com
  - ▶ http://www.dsmwatlao.org

## COMMUNITY ETIQUETTE

- Dress modestly
- Remove shoes before entering the temple, don't point outstretched legs towards the altar, Buddha statues, or the monks
- Avoid contact with monks, women especially should avoid as they are not permitted to touch the male monks
- Expect chanting meditation, dharma-talks, and more Chanting will take place in Pali, an ancient Indian language and announcements are in Laotian

## HOURS

Services	Sunday 9:30AM - 1:30PM
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## DRESS CODE

Women should wear long skirts and blouses. Men wear jeans/trousers with either a shirt and tie or a casual T-shirt.

## SUMMARY

Religious practices often revolve around celebratory occasions in the Buddhist traditions of Southeast Asia. Traditionally, services are held on Sundays. The temple doors open around nine in the morning so that the matriarch line of the Temple (mothers and wives) can begin to prepare a pot luck that is served after services. Services feature a good deal of chanting, some prayers, and also a "dharma talk" in which a monk expounds Buddhist teachings to the laity. With the exception of traditional Buddhist chants that are uttered in the ancient Indian language of Pali, the service is conducted entirely in Laotian.





# Wat Phothisomphan



## BUDDHIST TEMPLE

- ▶ LOCATION
  - ▶ 2560 SE 14th Street
  - Des Moines, IA 50320
- ▶ LANGUAGE: LAOTIAN
- ▶ BRANCH OF RELIGION: BUDDHISM (THERAVADA)
- ▶ CONTACT INFORMATION
  - ▶ Kate Phanmaha
    - ▶ katep919@gmail.com
  - ▶ Khamvanh Kanlagna
    - ▶ khamvanh01@hotmail.com

## COMMUNITY ETIQUETTE

- Dress modestly, and remove shoes before entering the temple
- Don't point outstretched legs toward the altar, Buddha, statues, or the monks
- Avoid contact with monks, women especially should avoid as they are not permitted to touch the male monks
- Expect chanting meditation, dharma-talks, and more
- Chanting will take place in Pali, an ancient Indian language and announcements are in Laotian

## HOURS

Services Sunday 9:30AM - 1:30PM

## DRESS CODE

Casual and comfortable, but modest.



# All Saints Catholic Church



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 650 NE 52nd Ave.
  - Des Moines, IA 50313
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: FATHER ROBERT HARRIS
- ▶ CONTACT INFORMATION
  - ▶ (515) 265-5001
  - ▶ <https://dmallsaints.org/>
  - ▶ [office@dmallsaints.org](mailto:office@dmallsaints.org)

## COMMUNITY ETIQUETTE

- Avoid short, tight, or revealing clothing
- Only those baptized into the Catholic Church may receive the Eucharist/Communion, but you may still go forward and cross your arms over your chest to receive a blessing
- When "crossing themselves" after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder

## HOURS

Mass Times Tuesday -Friday 8:00AM  
Saturday 4:00PM  
Sunday 8:30AM & 10:30AM

## DRESS CODE

Dress modestly.

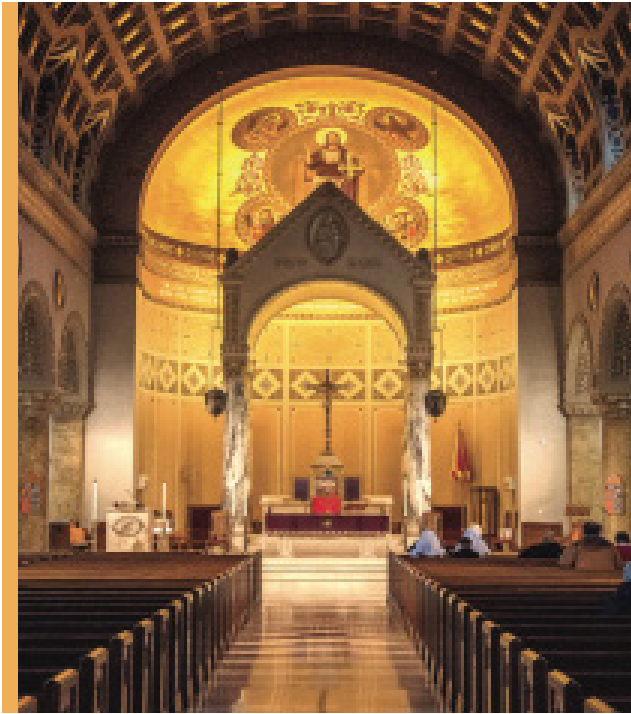
## SUMMARY

All Saints Parish vision and mission is to ensure the parish nurtures, challenges, supports, and shares our baptismal mission to bring about the kingdom of God. The life of their faith community, rooted in Jesus Christ and celebration of the Eucharist, is exemplified in the areas of gathering for prayer and worship of God; sharing the good news of Jesus in word and deed; facilitating the life-long faith formation of our brothers and sisters; building up our communal life and collaborative ministry; endeavoring as good stewards to cherish and share our gifts, talents and treasure; and living the faith daily by reaching out in service and advocating for those in need, within their parish faith community and beyond.





# Basilica of St. John



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 1915 University Ave.  
Des Moines, IA 50314
- ▶ LANGUAGE: ENGLISH & SPANISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: FATHER AQUINAS M. NICHOLS
- ▶ CONTACT INFORMATION
  - ▶ (515) 244-3101
  - ▶ <https://basilicaofstjohn.org/>

## COMMUNITY ETIQUETTE

- Come to be prepared and amazed by architecture
- Be prepared to shake hands
- Understand that people genuflect before sitting down in seats
- If you want to participate in Eucharist, you can go into the procession and hold arms in an X to signify that you are not taking Eucharist
- Sing along with Hymns if you feel like it
- Do not leave before Communion



## HOURS

Mass Times	Monday - Friday 12:00PM
	Saturday 9:00AM
	4:00PM Vigil
	6:00PM Spanish Mass
	Sunday 8:30AM
	10:30AM Festive Sung Mass
Holy Day Mass Times	12:00PM & 7:00PM

## DRESS CODE

Dress business professional.

# Christ the King Catholic Church



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 5711 SW 9th St.  
Des Moines, IA 50315
- ▶ LANGUAGE: ENGLISH & SPANISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADERS: FATHER MCMANUS, FATHER GEORGE KOMO & FATHER REYNALDO
- ▶ CONTACT INFORMATION
  - ▶ (515) 285-2888
  - ▶ [christthekingparish.org](http://christthekingparish.org)

## COMMUNITY ETIQUETTE

- Turn off electronic devices
- No food or drink is allowed
- Arrive a few minutes early
- Only those baptized into the Catholic Church may receive the Eucharist/Communion
- When "crossing themselves" after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder

## HOURS

Mass Times	Saturday 5:00PM
	Sunday 7:30AM, 9:00AM, 11:00AM, 3:15PM (Spanish)
	Monday 5:30PM
	Tuesday- 5:30PM
	Wednesday 8:40AM, 5:30PM
	Thursday 8:40AM, 5:30PM
	Friday 8:40AM, 5:30PM

## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing along with hats





# Church of Saint Peter



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 618 E. 18th St.
  - Des Moines, IA 50316
- ▶ LANGUAGE: ENGLISH & VIETNAMESE
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: FATHER LY CHU
- ▶ CONTACT INFORMATION
  - ▶ (515) 266-1160
  - ▶ <https://www.stpeterdesmoines.org/home>
  - ▶ [office@stpeterdesmoines.org](mailto:office@stpeterdesmoines.org)

## COMMUNITY ETIQUETTE

- Dress modestly (avoid short skirts/shorts and tight/revealing clothing)
- Know that you can only receive the Eucharist/Communion if you are baptized into the Catholic Church
- When “crossing themselves”, Catholic Christians do so from head to belly, then left shoulder to right shoulder
- Weekend mass is about an hour
- Know this is primarily a Vietnamese community but that you are still welcome even if you are not Vietnamese

## SUMMARY

The Church of St. Peter is a primarily Vietnamese Catholic Church. The Anglos and the Vietnamese, the people of God unite under the Church of St. Peter-Vietnamese Catholic Community of the Diocese of Des Moines, Iowa, guided by the Holy Spirit and their devotion to serve God. They strive to minimize the differences between cultures by working together through prayer, worship and praise to God; and to help everyone to witness the Gospel values of love, forgiveness, justice through service to all.

## HOURS

Mass Times	Saturday 7:00PM (VIETNAMESE)
	Sunday 9:00AM (ENGLISH)
	10:00AM (VIETNAMESE)
	Tuesday 9:30AM (ENGLISH)
	Thursday 12:00PM (VIETNAMESE)

## DRESS CODE

Dress modestly. Avoid short skirts/shorts and tight/revealing clothing

# Holy Trinity Parish & School



## CATHOLIC CHURCH & SCHOOL

- ▶ LOCATION
  - ▶ 2926 Beaver Avenue
  - Des Moines, IA 50310
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: REVEREND MARK NEAL
- ▶ CONTACT INFORMATION
  - ▶ (515) 255-3162
  - ▶ <https://holytrinitydm.org/>

## COMMUNITY ETIQUETTE

- Dress modestly by avoiding short, tight, or revealing clothing
- Only those baptized into the Catholic Church may receive the Eucharist/Communion
- When “crossing themselves” after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder
- No running, and use quiet voices

## HOURS

Communion Mass	Monday 8:00AM
Mass	Tuesday - Thursday 8:00AM,
	Saturday 4:30PM
	Sunday 8:30AM, 10:30AM
Rosary Ceremony	Thursday 6:15PM

## DRESS CODE

Casual and comfortable, but modest.

## SUMMARY

The Mission of Holy Trinity Church is to be a faith-filled Eucharistic community committed to Christ-centered stewardship especially through education, justice, hospitality, and service. We fulfill this mission through our many parish endeavors. The banner on our church proclaims: “All Are Welcome Here” and this has been the essence of Holy Trinity Church and School since its founding in 1920 by Fr. Francis Ostediek. This is still our motto today. As we approach the 100th anniversary of our parish, we look forward to continuing to welcome all who come to us.



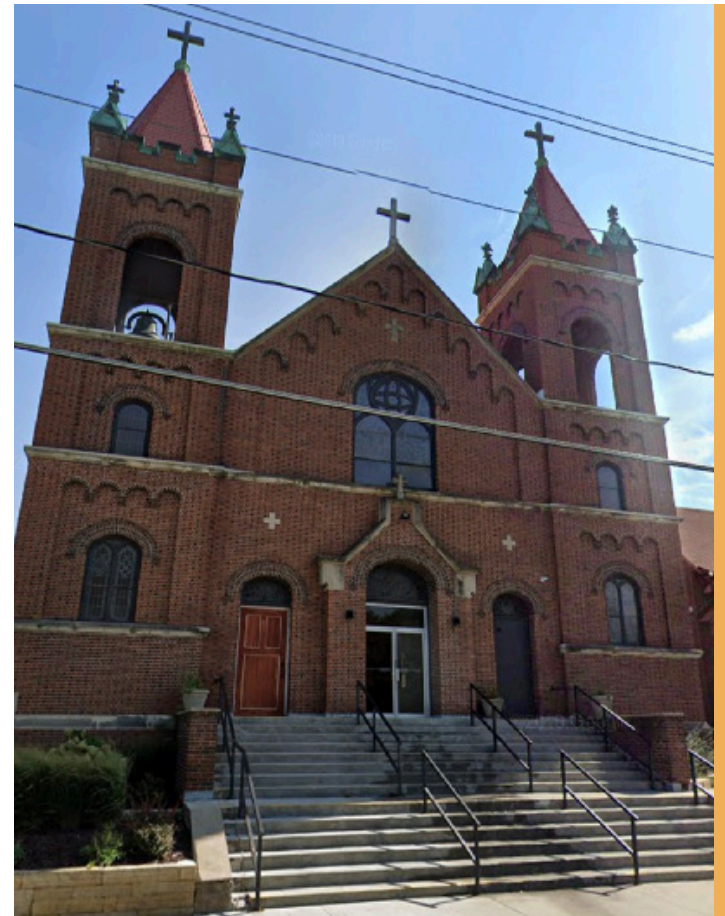


# Our Lady of Americas



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 1271 E 9th St  
Des Moines, IA 50316
- ▶ LANGUAGE: ENGLISH & SPANISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: FATHER FABIÁN MONCADA, SISTER MARIÁ ROMÁN
- ▶ CONTACT INFORMATION
  - ▶ (515) 266-6695
  - ▶ <http://oloadsm.com/>
  - ▶ [bulletin@oloadsm.com](mailto:bulletin@oloadsm.com)



## COMMUNITY ETIQUETTE

- Only those baptized into the Catholic Church may receive the Eucharist/Communion
- When “crossing themselves” after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder
- They offer English, Spanish, and bilingual services
- Many who attend speak Spanish, but you are welcome either way

## HOURS

English Mass	Saturday 4:00 - 5:00PM
Spanish Mass	Saturday 6:30 - 7:30PM
Prayer Group	Saturday 8:00 - 10:00PM
Bilingual Mass	Sunday 9:30 - 10:30AM
Spanish Mass	Sunday 12:30 - 1:30PM
	Sunday 6:00 - 7:00PM

## DRESS CODE

Dress modestly or “Sunday nice”.

# Sacred Heart Catholic Church



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 1627 Grand Ave  
West Des Moines, IA 50265
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: FATHER CHRIS HARTSHORN AND FATHER NIPIN SCARIA THAKIDIPURATHU
- ▶ CONTACT INFORMATION
  - ▶ (515) 225-6414
  - ▶ [office@sacredheartwdm.org](mailto:office@sacredheartwdm.org)
  - ▶ <https://sacredheartwdm.org/>

## SUMMARY

Sacred Heart Catholic Church welcomes all individuals. Whether you have been a life-long Catholic or are just exploring faith options, consider Sacred Heart your home. They don't care about where you are on the faith journey just that you are on the journey. Sacred Heart has many opportunities for fellowship, service, and faith formation. They also have masses accommodated for younger children and for the rich Hispanic culture at Sacred Heart.

## COMMUNITY ETIQUETTE

- Only those baptized into the Catholic Church may receive the Eucharist/Communion, but you may still go forward and cross your arms over your chest to receive a blessing
- When “crossing themselves” after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder
- If you haven't been to Mass in awhile, you will find pew cards in the pews to help you follow along. Also, all Mass prayers can be found on the inside cover of the hymnals.

## HOURS

Mass	Monday-Friday 8:00AM
	Saturday 4:00PM
	Sunday 8:00AM, 9:30AM, 11:15AM, 1:00PM (Spanish)

## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing



# Saint Ambrose Cathedral



## CATHOLIC CHURCH

### ► LOCATION

- 607 High St.  
Des Moines, IA 50309

### ► LANGUAGE: ENGLISH

### ► BRANCH OF RELIGION: ROMAN CATHOLIC

### ► LEADER: REVEREND BISHOP WILLIAM M. JOENSEN PH.D, FATHER JOHN BERTOGLI, FATHER AMBROSE LANDU DANIEL

### ► CONTACT INFORMATION

- (515) 288-7411
- <http://www.saintambrosecathedral.org/>

## SUMMARY

We are St. Ambrose Cathedral parish of the Diocese of Des Moines are a diverse community of the rich and poor, disadvantaged and hungry, young and elderly, visitors, and those seeking refuge. We are a Eucharistic community of many cultures. We strive for unity in our diversity expressing our love of God through prayer and worship, justice and service, the ministry of hospitality, and through catechesis, evangelization, and ecumenism. We pursue this mission faithfully by following the example of Jesus Christ, the power of the Holy Spirit, and the gifts and talents of our faith community.

## COMMUNITY ETIQUETTE

- Dress modestly by avoiding short, tight, or revealing clothing
- Only those baptized into the Catholic Church may receive the Eucharist/Communion
- When “crossing themselves” after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder

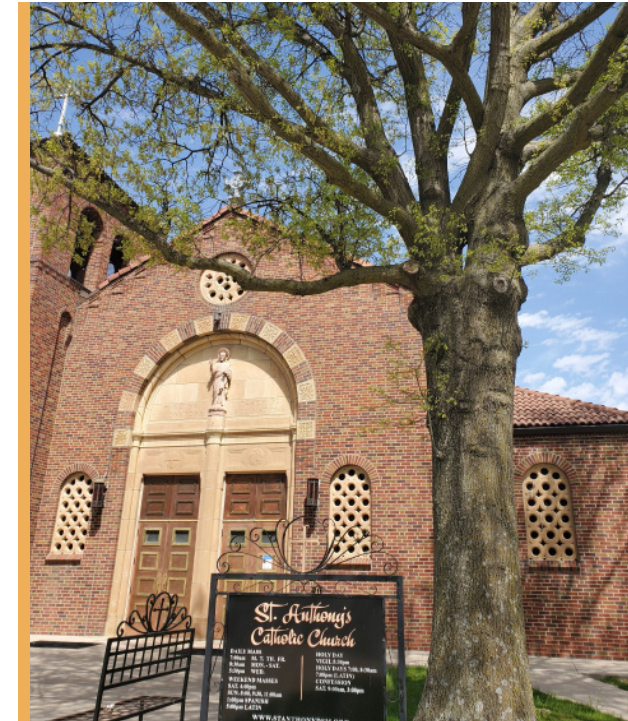
## HOURS

Mass	Monday-Friday 12:00PM Thursday 7:00PM Saturday 4:00PM
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## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing

# Saint Anthony Catholic Church



## CATHOLIC CHURCH

### ► LOCATION

- 15 Indianola Rd.  
Des Moines, IA 50315

### ► LANGUAGE: ENGLISH & SPANISH & LATIN

### ► BRANCH OF RELIGION: ROMAN CATHOLIC

### ► LEADER: MONSIGNOR CHIODO, FATHER GUTHRIE DOLAN, FATHER JOSE REYNALDO HERNANDEZ MINERO

### ► CONTACT INFORMATION

- (515) 244-4709
- [stanthonysm.org](http://stanthonysm.org)
- [info@stanthonysm.org](mailto:info@stanthonysm.org)

## SUMMARY

The mission statement of St. Anthony's Catholic Church is to “To fulfill God’s will in our parish by becoming more fully a catalyst for spiritual renewal, a beacon of direction for others to the treasure trove of God’s graces, a spiritual home inviting young and old to live, love, and learn the Catholic faith in a culture which is centered on the Person of Jesus Christ.” St. Anthony's main beliefs, like all Catholic belief, are expressed in what is called the Nicene Creed. This creed is a full and complex statement of belief where every word, line, and statement matters. St. Anthony's is a church focused on faith, love and community through Christ. They are a family friendly and very welcoming community that would love to have you on the journey to grow closer to the Lord.

## COMMUNITY ETIQUETTE

- Only those baptized into the Catholic Church may receive the Eucharist/Communion, but you may still go forward and cross your arms over your chest to receive a blessing
- When “crossing themselves” after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder

## HOURS

Mass	Sunday 8:00AM, 9:30AM, 11:00 AM, 1:00PM (Spanish), 5:00PM (Latin) Monday-Tuesday 7:00AM & 8:30AM Wednesday 8:30AM & 5:30PM Thursday 7:00AM, 8:30AM, 6:00PM (Spanish) Friday 7:00AM & 8:30PM Saturday 8:30AM & 4:00PM
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## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing



# Saint Augustin's Catholic Church



## COMMUNITY ETIQUETTE

- Only those baptized into the Catholic Church may receive the Eucharist/Communion, but you may still go forward and cross your arms over your chest to receive a blessing
- When "crossing themselves" after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder
- Open to anyone, especially children

## HOURS

Mass Service Sunday 8:00AM, 10:00AM, 12:00PM  
Saturday 5:00PM  
Monday-Friday 8:00AM  
Rosary Service 7:30AM

## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing

## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 545 42nd St.  
Des Moines, IA 50312
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: FATHER CHRISTOPHER PISUT
- ▶ CONTACT INFORMATION
  - ▶ (515) 255-1175
  - ▶ staugustin.org
  - ▶ staugustinchurch@gmail.com

## SUMMARY

St. Augustin's is a community based on love, sacrifice, commitment, and fellowship/community. They work together to grow in faith and fellowship through the Trinity. They also have a grade school connected to the parish. St. Augustin's is a very open and welcoming community that would love to have you. They offer all the sacraments and have many opportunities of faith formation through prayer, outreach, and much more. Their core set of beliefs, like the beliefs of all other Catholic communities comes directly from the Nicene Creed. This is a complex statement of beliefs where every line and word matters and has meaning. St. Augustin's is a community that is open to anyone who wants to join and would be very happy to walk with you in your journey toward Christ.



# Saint Catherine of Sienna Catholic Church and Student Center



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 1150 28th Street  
Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: FATHER PROTAS OPONDO OKWALO
- ▶ CONTACT INFORMATION
  - ▶ (515) 271-4747
  - ▶ stcatherinedrake.org/
  - ▶ office@stcatherinedrake.org

## SUMMARY

St. Catherine of Siena Catholic Student Center is a spiritual "home away from home" for resident parishioners and Drake students alike. The church strives, through worship, prayer, fellowship, study, and service, to be disciples of Jesus today, so that they will be the leaders of the Catholic Church and Community tomorrow. There is a FOCUS group that is designed to keep young adults and college students raised Catholic to remain involved in the church and continue attending masses and participating in the church activities. There are occasional food pantry weekends on which mass goers are encouraged to bring in non-perishable food items for donation to the DMARC Food Pantry.

## COMMUNITY ETIQUETTE

- Only those baptized into the Catholic Church may receive the Eucharist/Communion, but you may still go forward and cross your arms over your chest to receive a blessing
- When "crossing themselves" after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder

## HOURS

Mass Service	Tuesday 5:00PM Wednesday 5:00PM Thursday 5:00PM Friday 12:00PM Saturday 5:00PM Sunday 10:30PM
Rosary Service	Tuesday 4:45PM
Student Candlelight Mass	Thursday 9:15PM
Confession	Saturday 6:00PM (By appointment)

## DRESS CODE

Dress modestly in business casual/formal.



# Saint Francis of Assisi Catholic Church



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 7075 Ashworth Rd.  
West Des Moines, IA 50266
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: FATHER RAY MCHENRY & FATHER MARK MCGEARY
- ▶ CONTACT INFORMATION
  - ▶ (515) 223-4577
  - ▶ info@saintfrancischurch.org
  - ▶ https://saintfrancischurch.org/

## SUMMARY

The designation of their parish is under the patronage of Francis of Assisi and calls each of you in our own lives to be lovers of creation, respecters of the dignity of all human persons, to work for peace in all its forms, and to seek always to follow Jesus Christ.



## COMMUNITY ETIQUETTE

- Only those baptized into the Catholic Church may receive the Eucharist/Communion
- When "crossing themselves" after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder

## HOURS

Mass Service    Sunday 8:00AM, 9:30AM, 11:15AM,  
5:00PM (Youth Mass, every 3rd Sunday)  
Saturday 4:30PM  
Monday-Friday 7:15AM  
Tuesday 12:00PM

## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing

# Saint Joseph Catholic Church



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 3300 Easton Blvd.  
Des Moines, IA 50317
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: FATHER JOSEPH PINS
- ▶ CONTACT INFORMATION
  - ▶ (515) 266-2226
  - ▶ lstarnold@stjosephdsm.org
  - ▶ https://stjosephcatholicdsm.org/

## COMMUNITY ETIQUETTE

· Only those baptized into the Catholic Church may receive the Eucharist/Communion, but you may still go forward and cross your arms over your chest to receive a blessing

When "crossing themselves" after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder

## HOURS

Communion Service	Monday 7:00AM
Mass Service	Tuesday 7:30AM
	Wednesday 8:30AM
	Thursday-Friday 7:30AM
	Sunday 8:00AM & 10:00AM
	Saturday 5:00PM

## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing

## SUMMARY

The parish family of St. Joseph is a community guided by the Holy Spirit work to proclaim God's word, build His community, celebrate His liturgy, and serve His people. St. Joseph's is also a K-8th grade school whose mission is to provide a meaningful educational experience for our children and adolescents, in an environment integrated with Gospel values that nurture faith, community, prayer, and service. They offer many opportunities for fellowship, faith building, and service, and would love to have you as part of their warm and welcoming community.





# Saint Mary of Nazareth Catholic Church



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 4600 Meredith Dr.  
Des Moines, IA 50310
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: FATHER GREG LEACH
- ▶ CONTACT INFORMATION
  - ▶ (515) 276-4042
  - ▶ <https://stmarysdsm.org/>
  - ▶ [stmarys@stmarysdsm.org](mailto:stmarys@stmarysdsm.org)

## SUMMARY

Catholicism can be cultural. Knowing and following Jesus can only be intentional. The four pillars of St. Mary's discipleship pathway (gathering, encountering, transforming, and sharing) guides them and you in taking next steps on the ongoing and ever deepening journey with Jesus. They have many opportunities for deepening, growing, and learning, and living out faith as well as service and outreach opportunities. St. Mary's also has many opportunities for kids and teens.



## COMMUNITY ETIQUETTE

- Only those baptized into the Catholic Church may receive the Eucharist/Communion, but you may still go forward and cross your arms over your chest to receive a blessing
- When "crossing themselves" after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder

## HOURS

Mass Service	Tuesday 8:00AM
	Wednesday 6:45AM
	Thursday 6:45AM
	Friday 8:00AM
	Saturday 5:00PM
	Sunday 9:00AM & 11:00AM

## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing

# Saint Pius X Catholic Church



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 3663 66th St.  
Urbandale, IA 50322
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: FATHER DAVE FLEMING, FATHER RYAN ANDREW, FATHER JOHN HARMON
- ▶ CONTACT INFORMATION
  - ▶ (515) 276-2059
  - ▶ <https://www.stpiushome.org/>
  - ▶ [cmiller@saintpiuschurch.org](mailto:cmiller@saintpiuschurch.org)

## COMMUNITY ETIQUETTE

- Only those baptized into the Catholic Church may receive the Eucharist/Communion
- When "crossing themselves" after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder
- Weekend mass is about an hour long

## HOURS

Communion Service	Monday 8:00AM
Mass Service	Tuesday 8:00AM
	Wednesday 8:15AM
	Thursday-Friday 8:00AM
	Saturday 5:00PM
	Sunday 7:00AM, 9:00AM, 11:00AM, 5:00PM

## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing

## SUMMARY

St. Pius X Catholic Church lives by their four pillars of "Love God. Love others. Make disciples. Restore all things in Christ." We all share a basic human longing for a place to call home. We are created for a living, loving, growing relationship with God. Nothing else, regardless of how much we pay for it or how much we give away to achieve it, can satisfy that hunger. No matter where you are in your journey of faith, St. Pius X welcomes you to find a spiritual home with us. We are a community of faith-filled disciples who pray for, nurture and support one another during life's ups and downs.





# Saint Theresa Catholic Church



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 1230 Merle Hay Rd.  
Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ROMAN CATHOLIC
- ▶ LEADER: REVEREND RAY HIGGINS, REVEREND ROBERT CHAMBERLIN
- ▶ CONTACT INFORMATION
  - ▶ (515) 279-4654
  - ▶ <https://sainttheresaiowa.org/>

## SUMMARY

Our mission is to nourish our love of God through Christ, under the guidance of the Holy Spirit. Centered in the Eucharist, we continue to develop a faith community through prayer, faith formation, worship and Christian fellowship. As Stewards of God's love, we strive to share our gifts and talents for the service of God and all His people.



## COMMUNITY ETIQUETTE

- Only those baptized into the Catholic Church may receive the Eucharist/Communion
- When "crossing themselves" after hearing the names of the persons in the Trinity, Catholic Christians do so from head to belly, then from left shoulder to right shoulder

## HOURS

Mass Service	Monday-Friday 6:30AM
	Saturday 4:30PM
	Sunday 8:30AM, 10:30AM, 4:30PM

## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing

# St. Gebriel Ethiopian Orthodox Church



## ORTHODOX CHURCH

- ▶ LOCATION
  - ▶ 6301 University Ave  
Windsor Heights, IA 50324  
(Address for Windsor Presbyterian Church)
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ORIENTAL ORTHODOX CHRISTIANITY (ETHIOPIAN)
- ▶ LEADER: FATHER MUAUZ
- ▶ CONTACT INFORMATION
  - ▶ 919-593-3843 (Father Muauz)
  - ▶ [www.facebook.com/pages/category/Nonprofit-Organization/Des-Moines-Saint-Gebriel-Ethiopian-Orthodox-Church-104668054326335/](https://www.facebook.com/pages/category/Nonprofit-Organization/Des-Moines-Saint-Gebriel-Ethiopian-Orthodox-Church-104668054326335/)
  - ▶ [fekadutekle@gmail.com](mailto:fekadutekle@gmail.com)

## SUMMARY

St. Gebriel Ethiopian Orthodox Church is member of the Ethiopian Orthodox Tewahedo Church, which is one of the six Oriental Orthodox Churches (which also include the Eritrean, Coptic, Syriac, Armenian, and Malankara Churches). These Oriental Orthodox Churches are referred to as "non-Chalcedonian," since they reject the ruling of the Council of Chalcedon (451) that Jesus Christ has two distinct natures, instead maintaining that these two natures are "completely united" in "one perfectly united nature of Christ." Indeed, this is the meaning of "tewahedo" – "united as one." The Ethiopian Orthodox Church is the largest of the Oriental Orthodox Churches, with origins that go as far back as the apostles of Jesus.

## HOURS

Liturgy Service	Sunday 6:00-10:00AM
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## DRESS CODE

Dress modestly.

## COMMUNITY ETIQUETTE

- Women should be prepared to cover hair, all should be prepared to remove shoes in the sanctuary. Although the Eucharist cannot be taken unless one is baptized into the Oriental Orthodox Church, one can instead receive a blessing by going forward with arms crossed over chest. Orthodox Christians cross themselves from head to belly, then right to left shoulder.



# Saint Demetrius Serbian Orthodox Church



## COMMUNITY ETIQUETTE

- Sunday-nice attire; if you are an Orthodox Christian and will take the Eucharist, you are expected to have fasted in advance.
- Serbian Orthodox Christian services incorporate a lot of liturgical elements including creedal recitations, liturgical prayers, and Bible readings. The culmination of the service is the Eucharist, which can only be participated in if one is baptized into one of the Orthodox Christian Churches. Also note that Orthodox Christians cross themselves from right shoulder to left (rather than left shoulder to right, as Roman Catholics do).

## HOURS

Services Sunday 9:00AM

## DRESS CODE

Dress Modestly.

## ORTHODOX CHURCH

- ▶ LOCATION
  - ▶ 4655 NE 3rd St.  
Des Moines, IA 50313
- ▶ LANGUAGE: CHURCH SLAVIC, SERBIAN
- ▶ BRANCH OF RELIGION: ORTHODOX CHRISTIANITY (SERBIAN)
- ▶ LEADER: FATHER VLADMIR TERZIC
- ▶ CONTACT INFORMATION
  - ▶ (515) 809-6309
  - ▶ <https://stdemetriuschurchdsm.com/>
  - ▶ [svdimitrijedsm@gmail.com](mailto:svdimitrijedsm@gmail.com)

## SUMMARY

Although Serbs first immigrated to Iowa around 1905, it was not until 2013 that they had their own dedicated church: St. Demetrius Serbian Orthodox Church. Since then, Serbs of all generations have had a place to come together not only to worship but also to preserve their culture. At the conclusion of most Sunday Divine Liturgy services, the congregation participates in a sensory experience that is every bit the equal of the service itself: a scrumptious and decadent meal. Three times a year, they are joined by the Serbian Orthodox communities of Kansas City and Omaha, the two closest Serbian parishes.



# Saint George Greek Orthodox Church



## ORTHODOX CHURCH

- ▶ LOCATION
  - ▶ 1110 35th St  
Des Moines, IA 50311
- ▶ LANGUAGE: KOINE GREEK & ENGLISH
- ▶ BRANCH OF RELIGION: ORTHODOX CHRISTIANITY (GREEK)
- ▶ LEADER: FATHER BASIL HICKMAN
- ▶ CONTACT INFORMATION
  - ▶ (515) 277-0780
  - ▶ <http://stgeorge.ia.goarch.org>
  - ▶ [secretary@dsmorthodox.org](mailto:secretary@dsmorthodox.org)

## HOURS

Services Monday-Friday 8:00AM (Orthros),  
10:00AM (Divine Liturgy)

## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing

## COMMUNITY ETIQUETTE

- Greek Orthodox Christian services incorporate a lot of liturgical elements including creedal recitations, liturgical prayers, and Bible readings. The culmination of the service is the Eucharist, which can only be participated in if one is baptized into one of the Orthodox Christian Churches. Also note that Orthodox Christians cross themselves from right shoulder to left (rather than left shoulder to right, as Roman Catholics do).

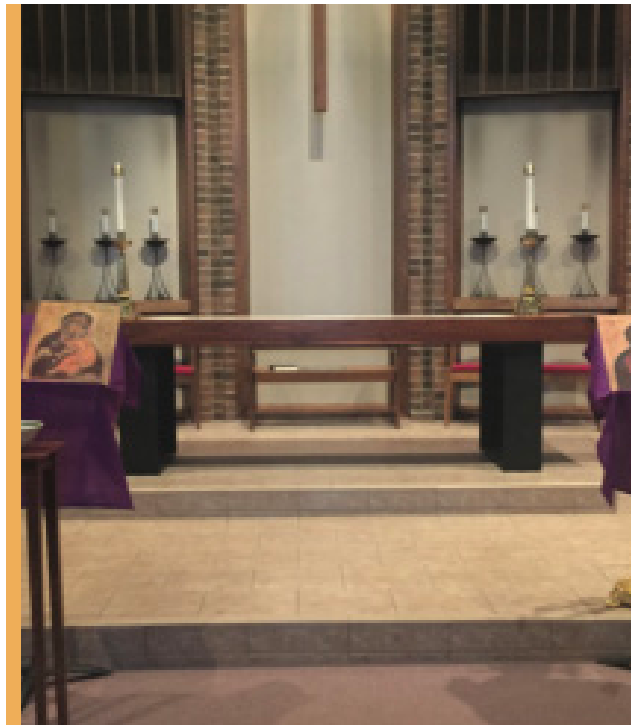
## SUMMARY

Established on 35th Street in the Drake neighborhood in 1930, St. George's Greek Orthodox Church is the oldest Orthodox Christian church in the metro area. Over the years, the church has accommodated Orthodox Christians of many different nationalities and ethnicities: not only Greeks but also Eastern Europeans such as Serbs and Russians, North Africans such as Ethiopians and Copts, and Arabs such as Lebanese and Syrians. Although many of these non-Greeks have established their own Orthodox Christian churches in the recent past, they all gathered at St. George's in 1997 for a very special event—a visit by the Ecumenical Patriarch.





# Saint John the Wonderworker



## ORTHODOX CHURCH

- ▶ LOCATION
  - ▶ 3120 E. 24th St.  
Des Moines, IA 50317  
(Address for Saint Mark's Episcopal Church)
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ORTHODOX CHRISTIANITY  
(RUSSIAN CHURCH OUTSIDE RUSSIA)
- ▶ CONTACT INFORMATION
  - ▶ (515) 266-1304
  - ▶ <http://www.stjohndsm.org/>
  - ▶ [stjohndsm@gmail.com](mailto:stjohndsm@gmail.com)

## HOURS

Services Saturday 6:00PM

## DRESS CODE

Dress modestly by avoiding short, tight, or revealing clothing



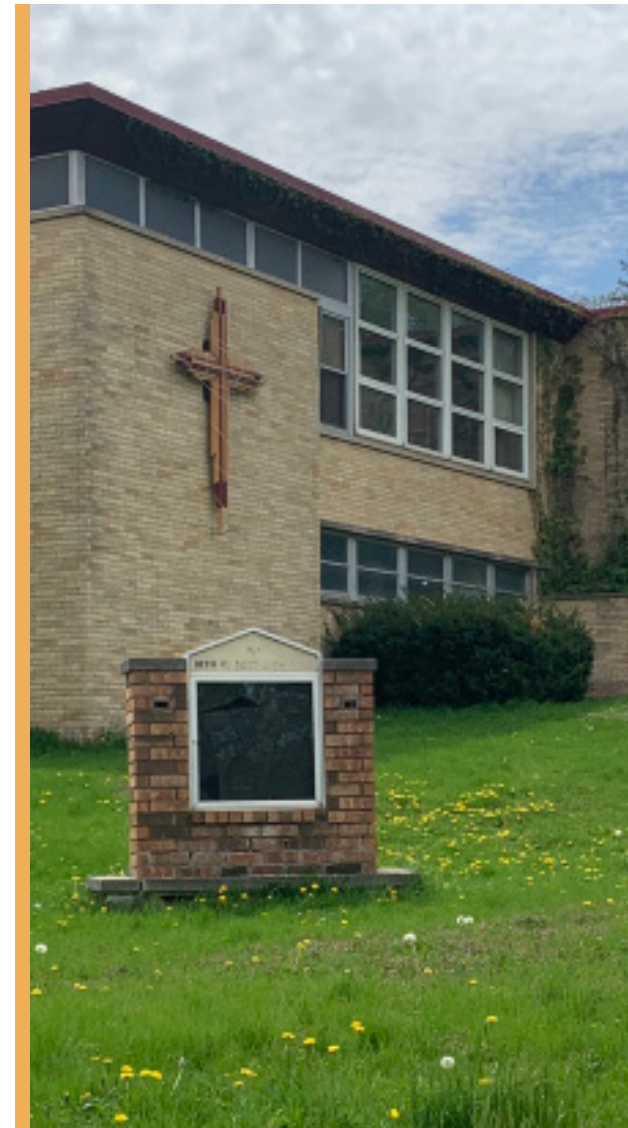
## COMMUNITY ETIQUETTE

- Sunday-nice attire; if you are an Orthodox Christian and will take the Eucharist, you are expected to have fasted in advance
- Russian Orthodox Christian services incorporate a lot of liturgical elements including creedal recitations, liturgical prayers, and Bible readings. The culmination of the service is the Eucharist, which can only be participated in if one is baptized into one of the Orthodox Christian Churches

## SUMMARY

· St. John the Wonderworker is a Western Rite mission of the Russian Orthodox Church Outside Russia. It currently meets to celebrate the Divine Liturgy on Saturdays at Saint Mark's Episcopal Church (3120 East 24th Street, Des Moines).

# St. Mary's Coptic Orthodox Church



## ORTHODOX CHURCH

- ▶ LOCATION
  - ▶ 940-954 Cummins Pkwy  
Des Moines, IA 50312
- ▶ LANGUAGE: ARABIC & COPTIC
- ▶ BRANCH OF RELIGION: ORIENTAL ORTHODOX CHRISTIANITY (COPTIC)
- ▶ LEADER: REVEREND SHENOUDA BASTA
- ▶ CONTACT INFORMATION
  - ▶ (515) 868-3099
  - ▶ [stmarycopticorthodoxdsm@gmail.com](mailto:stmarycopticorthodoxdsm@gmail.com)
  - ▶ <https://www.facebook.com/Saint-Mary-Coptic-Or>

## SUMMARY

St Mary's Coptic Orthodox Church is member of the Coptic (Egyptian) Church, which is one of the six Oriental Orthodox Churches (which also include the Ethiopian, Eritrean, Syriac, Armenian, and Malankara Churches). These Oriental Orthodox Churches are referred to as "non-Chalcedonian," since they reject the ruling of the Council of Chalcedon (451) that Jesus Christ has two distinct natures, instead maintaining that these two natures are "completely unified" in "one perfectly united nature of Christ.



## COMMUNITY ETIQUETTE

- Dress modestly.
- Although the Eucharist cannot be taken unless one is baptized into the Orthodox Church, one can instead receive a blessing by going forward with arms crossed over chest. Orthodox Christians cross themselves from head to belly, then right to left shoulder.



# Calvary Apostolic Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 2611 Easton Blvd  
Des Moines, IA 50317
- ▶ LANGUAGE: ENGLISH
- ▶ LEADERS: REX & BRENDA DECKARD
- ▶ CONTACT INFORMATION
  - ▶ (515) 266-9319
  - ▶ <http://www.calvarydsm.org/>
  - ▶ [pastor@calvarydsm.org](mailto:pastor@calvarydsm.org)

## SUMMARY

The congregation prides themselves on being made up of various races, ethnic origins, ages, and social backgrounds. Calvary seeks to help people practice and deepen their faith. The environment is friendly and inclusive.



## COMMUNITY ETIQUETTE

· Times vary depending on which worship service you are going to. They vary between 1 to 4 hours long.

## HOURS

Worship/Evangelistic Services Sunday 11:15AM  
Kurundi/Swahili Services Sunday 1:00PM

## DRESS CODE

Dress Modestly.

# Capital City Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 5990 NE 14th St #1205  
Des Moines, IA 50313
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: RICK MELIK
- ▶ CONTACT INFORMATION
  - ▶ (515) 289-1419
  - ▶ [www.capitolcitychurch.com/](http://www.capitolcitychurch.com/)
  - ▶ [questions@capcitymail.com](mailto:questions@capcitymail.com)

## HOURS

Sunday Service 9:00AM, 10:30AM

## DRESS CODE

Dress modestly.

## COMMUNITY ETIQUETTE

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## Casa de Oracion Y Restauracion



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1990 E Army Post Rd  
Des Moines, IA 50320
- ▶ LANGUAGE: SPANISH
- ▶ CONTACT INFORMATION
  - ▶ (515) 822-0853
  - ▶ <https://www.facebook.com/pages/category/Community/Iglesia-Casa-de-Oracion-y-Restauracion-Des-moines-2289458901299010/>

## Centro Cristiano Restauracion



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 2200 Beaver Ave  
Des Moines, IA 50310
- ▶ LANGUAGE: SPANISH
- ▶ CONTACT INFORMATION
  - ▶ (515) 274-9296
  - ▶ [www.openbible.org/connect/find-a-church](http://www.openbible.org/connect/find-a-church)

## Christian Life Assembly of God



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 9001 Fleur Dr  
Norwalk, IA 50211
- ▶ LANGUAGE: ENGLISH
- ▶ LEADERS: PASTOR MICHAEL HUNSBERGER; ASSOCIATE PASTOR BRIAN SCHROEDER; YOUTH PASTOR MICHAEL FOREMAN; ASSOCIATE PASTOR CHRISTOPHER BUSCHER
- ▶ CONTACT INFORMATION
  - ▶ (515) 953-0322
  - ▶ <https://www.lifenow.org/>
  - ▶ [info@lifenow.org](mailto:info@lifenow.org)

### SUMMARY

Our world hungers for stability. There is a need for men and women who are willing to commit to true discipleship – a process that requires consistency, integrity – and faith. When committed people follow the Lord, living by faith in His promises, they truly become His hands and feet, living by example and leading by serving. He is our hope, and our worship is a reflection of this mindset and attitude. The gospel message of salvation through belief in Jesus is the core of our foundation.

Expressing this hope and love is more than just meeting in a building and singing songs. Our hope in Him defines our identity as believers and disciples. Loving God. Loving others. As we fully commit our hearts and minds to living out these commands, we fulfill God's purpose for the church.

By simply doing life together, it becomes the standard to look beyond yourself and see the true identity and needs of others. As we grow together, living out the example of Christ becomes a reality, not just a cliché.

### COMMUNITY ETIQUETTE

· Times vary depending on which worship service you are going to. They vary between 1 to 4 hours long.

### HOURS

Worship Services                      Sunday 10:00AM

### DRESS CODE

Dress Modestly.



# Christ Community Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 5101 Grand Avenue,  
Des Moines, IA 50312
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH: ANABAPTIST
- ▶ LEADERS: PASTOR KELSEY GUCKENBERGER
- ▶ CONTACT INFORMATION
  - ▶ hello@ccc.com
  - ▶ christcommunitychurchdsm.org

## SUMMARY

Christ Community Church is a Mennonite Church USA congregation of the Central Plains Conference and partners with Bridgefolk, an organization that works to bring together the respective practices of Anabaptist-Mennonites and Catholicism.

## HOURS

Sunday Mornings  
8:45am- Christian Formation  
10am- Worship Service  
House Church with lunch takes place after the Worship Service at a member's home.

# The Church of Jesus Christ of Latter-day Saints



## CHRISTIAN CHURCH

- ▶ LOCATION (**Des Moines Meeting Place**)
  - ▶ 2101 Evergreen Avenue  
Des Moines, IA 50320
  - ▶ facebook.com/ChurchofJesusChrist2101EvergreenAveDesMoines/
- ▶ LOCATION (**West Des Moines Meeting Place**)
  - ▶ 3301 Ashworth Road  
Des Moines, IA 50265
  - ▶ facebook.com/ChurchofJesusChristWestDesMoinesIA/



- ▶ LOCATION (**Waukee Meeting Place**)
  - ▶ 400 SE Pleasant View Dr.  
Des Moines, IA 50263
  - ▶ facebook.com/search/top/?q=The%20Church%20of%20Jesus%20Christ%20of%20Latter-day%20Saints%20waukee&epa=SEARCH\_BOX

- ▶ LANGUAGE: ENGLISH
- ▶ CONTACT INFORMATION
  - ▶ simms@ldspublicaffairs.org  
(Susan Simms, Director of Public Affairs)

## SUMMARY

There are three different meetinghouses for The Church of Jesus Christ of Latter-Day Saints in the greater Des Moines area: Des Moines, West Des Moines, and Waukee. Each meetinghouse is utilized by numerous congregations called "wards," which stagger their use of the sanctuary and other facilities on Sundays. It is generally the case, therefore, that services are happening in the sanctuary every hour for as many wards as there are at that meetinghouse. No alcohol, caffeine, and swearing. Dress modestly in Sunday best.





## Community Church of Christ Central



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1645 Pennsylvania Ave  
Des Moines, IA 50316
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTORS EMILEY HICKOK & PAULETTE LAPPE
- ▶ CONTACT INFORMATION
  - ▶ (515) 265-4244
  - ▶ [www.cofchrist.org/congregation/872/des-moines-central](http://www.cofchrist.org/congregation/872/des-moines-central)
  - ▶ [contact@cochrist.org](mailto:contact@cochrist.org)
  - ▶ [hickocatoo@gmail.com](mailto:hickocatoo@gmail.com)
  - ▶ [PLappe16@gmail.com](mailto:PLappe16@gmail.com)

### COMMUNITY ETIQUETTE

- Family and children oriented
- Dress modestly in Sunday best

## Community Church of Christ Northwest



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3003 62nd St.  
Des Moines, IA 50322
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTORS DEB CROWLEY, BECKY ANTHONY, WES HODGSON, CHRIS JOSLIN-FAUST
- ▶ CONTACT INFORMATION
  - ▶ (515) 265-4244
  - ▶ [www.cofchrist.org/congregation/879/northwest-des-moines](http://www.cofchrist.org/congregation/879/northwest-des-moines)
  - ▶ [Northwestcommofchrist@gmail.org](mailto:Northwestcommofchrist@gmail.org)

## Community Chapel: An Open Bible Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 414 E 27th St  
Des Moines, IA 50317
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTOR MARV
- ▶ CONTACT INFORMATION
  - ▶ (515) 333-1681
  - ▶ [www.communitychapeldsm.org/](http://www.communitychapeldsm.org/)
  - ▶ [CommunityChapelDSM@gmail.com](mailto:CommunityChapelDSM@gmail.com)

### SUMMARY

Community Chapel is a welcoming community with an emphasis on biblical teachings and learning through the words of God. They encourage people that are just beginning their spiritual journey and skeptic about God, "Our Weekend Gathering is a great entry point for someone who is seeking, skeptical, or curious. Doubt is not the absence of faith, it is a part of the substance of it. We all have questions – and you will find a safe space to explore, ask, and have those questions answered."

### COMMUNITY ETIQUETTE

- Welcome to all, especially children
- Expect singing, prayer, and learning
- Questions are encouraged



### HOURS

Worship Service Sunday 9:00AM

### DRESS CODE

No dress code required.

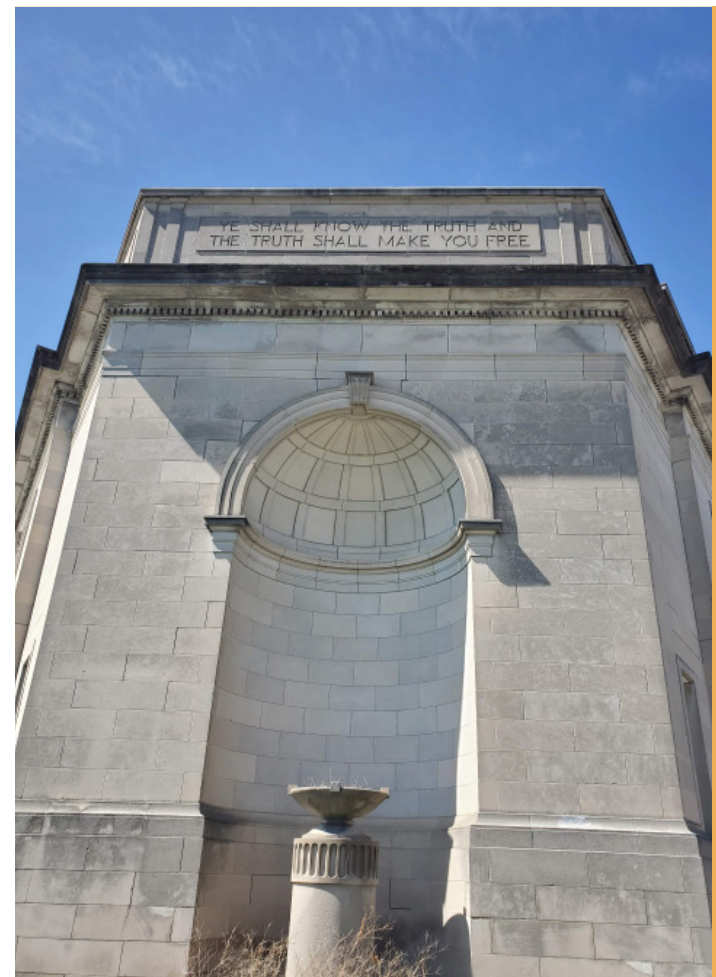


# Cottage Grove Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1050 24th St.  
Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTOR ANDY NORRIS
- ▶ CONTACT INFORMATION
  - ▶ (515) 393-4226
  - ▶ <https://www.cottagegrovedsm.com/>



## COMMUNITY ETIQUETTE

- Ask that only those who have acknowledged Jesus Christ as their savior take communion.
- Casual Dress, all are welcome.
- Many students attend and participate in Salt, which they host.

## HOURS

Sundays 8:00AM, 9:45AM, 11:30AM

## DRESS CODE

Casual and comfortable, but modest.

# Des Moines Intentional Eucharistic Community



## CATHOLIC CHURCH

- ▶ LOCATION
  - ▶ 3306 University Ave  
Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: LAY MOVEMENT ROOTED IN THE CATHOLIC TRADITION
- ▶ CONTACT INFORMATION
  - ▶ <https://www.dmiec.org/>
  - ▶ [dmiec1@gmail.com](mailto:dmiec1@gmail.com)

## SUMMARY

The Des Moines Intentional Eucharistic Community (DMIEC) is a spiritual community that has been gathering to pray together since 2009. It is a community on a faith journey where all are welcome. Its service is rooted in Catholic tradition, but open to both change and wisdom from other faith traditions. Two of the most significant features of its weekly services are a dialogue homily in which participants have the opportunity to share their thoughts on the readings, and the sharing of bread and wine with all who want to participate.

## COMMUNITY ETIQUETTE

- Dress modestly (avoid short skirts/shorts and tight/revealing clothing)
- This is not a Roman Catholic church; the Eucharist is open to all.

## HOURS

Mass Service Sunday 10:00AM

## DRESS CODE

Casual and comfortable, but modest.





## Des Moines Mennonite Church



### CHRISTIAN CHURCH

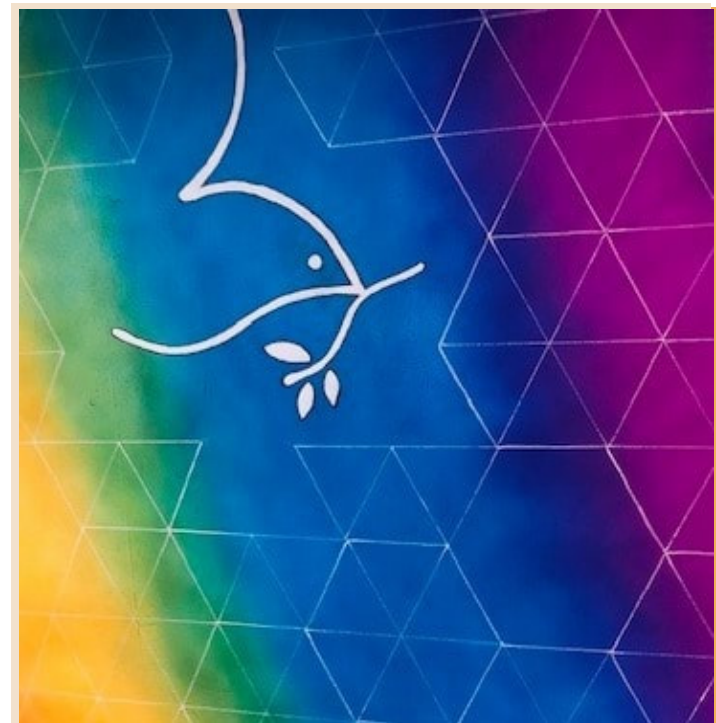
- ▶ LOCATION
  - ▶ 4001 56th Street
  - Des Moines, Iowa 50310
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ANABAPTIST
- ▶ LEADER: PASTOR JOHN TYSON
- ▶ CONTACT INFORMATION
  - ▶ 515-276-2379
  - ▶ churchoffice@desmoinesmennonite.org
  - ▶ desmoinesmennonite.org

### SUMMARY

Des Moines Mennonite Church is a member congregation of the Central Plains Conference of the Mennonite Church USA and the Mennonite World Conference.

### HOURS

Sunday Morning  
 9:30am- Christian Education (religious education)  
 10:20am- Fellowship  
 10:30am- Worship



## Des Moines Vineyard Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 2332 Euclid Ave.
  - Des Moines, IA 50310
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTOR MIKE HARDER, PASTOR SHERRI HARDER
- ▶ CONTACT INFORMATION
  - ▶ (515) 279-2558
  - ▶ www.temp.yourvineyardchurch.org/

### COMMUNITY ETIQUETTE

- Anyone is welcome (especially kids)
- Expect a glorifying and engaging worship
- An authentic and friendly atmosphere
- A multi-generational community
- Full nursery, kids and youth programs available to attendees
- Free coffee and bagels
- Tithing is encouraged

### HOURS

Sunday 10:30AM (Open To The Public)

### DRESS CODE

Dress modestly.





# Elim Christian Fellowship



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 525 E 9th St.  
Des Moines, IA 50309
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: MICHAEL HURST
- ▶ CONTACT INFORMATION
  - ▶ (515) 243-5512
  - ▶ <http://elimdsm.org/>
  - ▶ [info@elimdsm.org](mailto:info@elimdsm.org)

# Experience Church of the Open Bible



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3800 E Douglas Ave  
Des Moines, IA 50317
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: CHARLES AND DEANNA COLE
- ▶ CONTACT INFORMATION
  - ▶ (515) 262-7302
  - ▶ <http://experiencechurch.net/default.aspx>
  - ▶ [info@experiencechurch.net](mailto:info@experiencechurch.net)

## HOURS

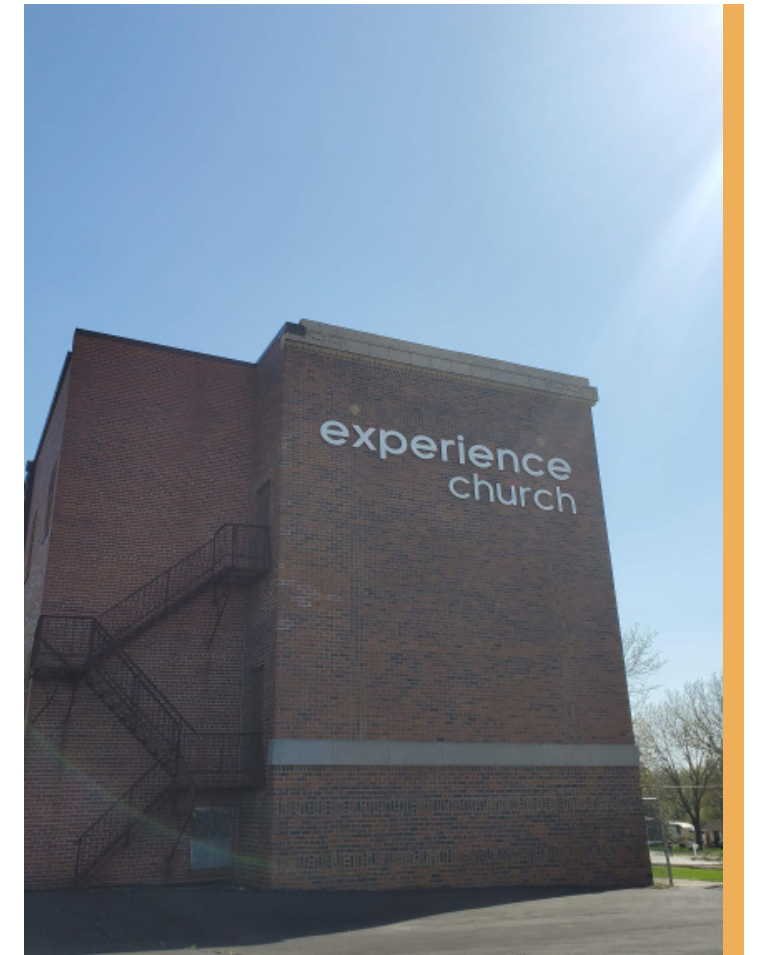
Sunday 10:00AM (Open To The Public)

## DRESS CODE

Dress how you feel most comfortable.

## COMMUNITY ETIQUETTE

- Coffee and donuts are available from 8:45-9:45 in the Fireside Room across from the Auditorium
- Services include contemporary worship, opportunities for prayer, multimedia and Biblical teachings
- You'll receive a bulletin with weekly activities and scheduled events and a guest packet of the community. Bring the packet to the Fireside Room across the hall for a gift.



# Evangelistic Missionary Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1340 E 18th St  
Des Moines, IA 50316
- ▶ LANGUAGE: ENGLISH
- ▶ CONTACT INFORMATION
  - ▶ (515) 262-7429
  - ▶ [www.facebook.com/EvangelisticMissionaryCOGIC/](http://www.facebook.com/EvangelisticMissionaryCOGIC/)



## First Church of God



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4201 E. Douglas Ave  
Des Moines, IA 50317
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTOR CHARLES HUNDLEY
- ▶ CONTACT INFORMATION
  - ▶ (515) 265-2270
  - ▶ <https://www.fcogdm.org/>
  - ▶ [promiseteam@fcogdm.org](mailto:promiseteam@fcogdm.org)

## First Church of the Open Bible



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 2200 Beaver Ave  
Des Moines, IA 50310
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTOR SPENCER KEROFF
- ▶ CONTACT INFORMATION
  - ▶ (515) 274-9296
  - ▶ <http://firstchurchdsm.org/>
  - ▶ [info@firstchurchdsm.org](mailto:info@firstchurchdsm.org)

### HOURS

Sunday	10:00AM
Wednesday	6:30PM

### DRESS CODE

Dress in casual attire.

### COMMUNITY ETIQUETTE

- Arrive a few minutes early to grab a coffee and check-in kids to the Kid's Ministry before worship begins
- Stop by the coffee shop before you head into the sanctuary.
- Engage in the worship service as you feel comfortable.

## Fort Des Moines Open Bible Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1116 Army Post Rd  
Des Moines, IA 50315
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTOR MATT SANFORD
- ▶ CONTACT INFORMATION
  - ▶ (515) 285-1720
  - ▶ <https://fortdsmopenbible.org/>
  - ▶ [fortoffice@msn.com](mailto:fortoffice@msn.com)

### COMMUNITY ETIQUETTE

- Feel free to bring a bible
- The atmosphere is relaxed and casual
- There are nursery services available
- There are also youth ministries available

### HOURS

Sunday 10:00AM (Open To The Public)

### DRESS CODE

Dress in casual attire.





## Iglesia Apostolica de la Fe en Cristo Jesus



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 2920 30th St.  
Des Moines, IA 50310
- ▶ LANGUAGE: SPANISH & ENGLISH
- ▶ LEADER: PASTOR VICTOR SOTO JR.
- ▶ CONTACT INFORMATION
  - ▶ (515) 401-8562
  - ▶ [pastorvictorsotojr@iafcjdesmoinesia.com](mailto:pastorvictorsotojr@iafcjdesmoinesia.com)
  - ▶ [www.facebook.com/iafcjdesmoines/](http://www.facebook.com/iafcjdesmoines/)
  - ▶ <https://iafcj.org/>

## Iglesia Su Presencia



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3800 E Douglas Ave  
Des Moines, IA 50317
- ▶ LANGUAGE: SPANISH & ENGLISH
- ▶ CONTACT INFORMATION
  - ▶ (515) 633-7772
  - ▶ [www.facebook.com/Iglesia-Su-Presencia-Des-Moines-110543570295060/](http://www.facebook.com/Iglesia-Su-Presencia-Des-Moines-110543570295060/)

### HOURS

Sunday	10:00AM
Wednesday	7:00PM

## Iglesia de Dios Pentecostal



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1431 E 32nd St.  
Des Moines, IA 50317
- ▶ LANGUAGE: SPANISH & ENGLISH
- ▶ CONTACT INFORMATION
  - ▶ (515) 240-7228
  - ▶ [brothermarvin@yahoo.com](mailto:brothermarvin@yahoo.com)

### HOURS

Sunday	Evangelistic Service 1:00PM
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Tuesday	Bible Study 7:00PM
Thursday	Sociedades 7:00PM
Friday	General Service 7:00PM

## Kingdom Hall of Jehovah's Witnesses



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1385 Buffalo Rd.  
West Des Moines, IA 50265
- ▶ LANGUAGE: ENGLISH
- ▶ CONTACT INFORMATION
  - ▶ (515) 226-9094

### HOURS

Monday-Friday	9:00AM-1:00PM
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## Lifesong Church of the Open Bible



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1300 Buchanan St.  
Des Moines, IA 50316
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: CHRIS CAVAN
- ▶ CONTACT INFORMATION
  - ▶ (515) 261-0246
  - ▶ info@golifesong.com
  - ▶ www.facebook.com/LifesongDSM/
  - ▶ https://www.golifesong.com/

### COMMUNITY ETIQUETTE

- Arrive early for worship service and take part in the pre-service Bible studies beginning at 10:00AM. There is one program for adults that meets upstairs and a high school group that meets downstairs.
- The Children's Sunday School gets dismissed for class after the song portion of our service around 11:00AM. The school is available for children anywhere from ages 18 months to 12 years old
- Open communion to everyone

### HOURS

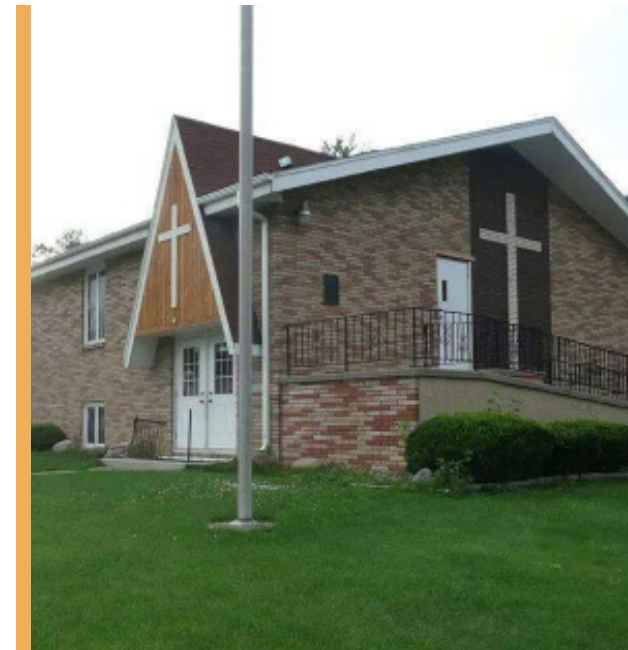
Sunday 10:30AM (Open To The Public)

### DRESS CODE

Dress modestly in comfortable attire.



## Ministerio De Iglesias Pentecostal Fuente de Agua Viva



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 616 E Euclid Ave  
Des Moines, IA 50313
- ▶ LANGUAGE: SPANISH & ENGLISH
- ▶ CONTACT INFORMATION
  - ▶ www.facebook.com/Ministerio-De-Iglesias-Pentecostal-Fuente-de-Agua-Viva-1475768229369417/

### HOURS

Sunday	General Service 12:00PM
Tuesday	Bible Study 7:00PM
Friday	General Service 7:00PM

## Myanmar Christian Fellowship Church of the Open Bible



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 414 E 27th St.  
Des Moines, IA 50317
- ▶ LANGUAGE: ENGLISH
- ▶ CONTACT INFORMATION
  - ▶ (515) 608-2902
  - ▶ www.openbible.org/connect/find-a-church



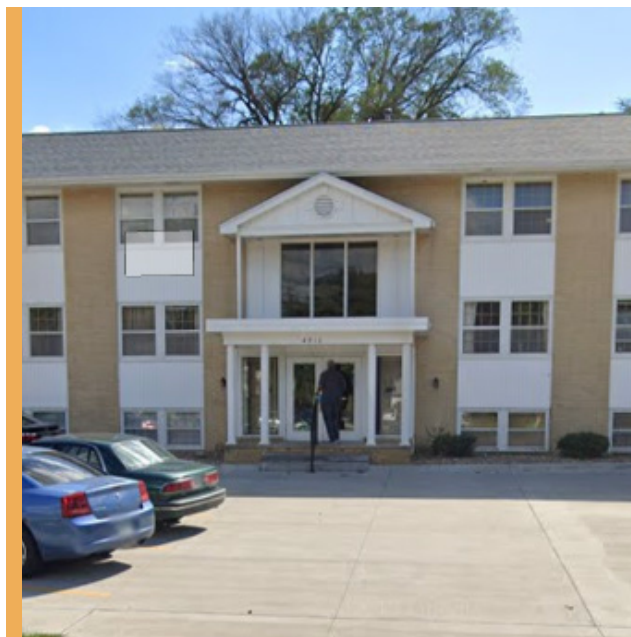
## New Friendship Church of God



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1317 Forest Ave.  
Des Moines, IA 50314
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTOR ED OLLIE
- ▶ CONTACT INFORMATION
  - ▶ (515) 243-7097

## New Testament Christian Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4910 Urbandale Ave #101-102  
Des Moines, IA 50310
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTOR J. SAMPSON
- ▶ CONTACT INFORMATION
  - ▶ (515) 229-9794
  - ▶ <https://www.myntcc.org/>

## Saylorville Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 6429 NW 6th Dr  
Des Moines, IA 50313
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PAT NEMMERS
- ▶ CONTACT INFORMATION
  - ▶ (515) 289-2395
  - ▶ <http://www.saylorvillechurch.com/>

### HOURS

Worship Services                      Sunday 8:00AM,  
9:30AM & 11:00AM

### DRESS CODE

Dress in whatever is comfortable.

### COMMUNITY ETIQUETTE

- The dress code is flexible. Be sure to come in whatever makes you comfortable whether its a skirt, jeans, or dress pants
- There are 5 parking lots including parking near the edge of the building. Look for parking lot attendants and signs to find an open spot
- You are not required to bring a Bible to attend
- Services include contemporary music and preaching directly from the Bible. Both the music and the message are the same in all Sunday morning services.
- Sunday evenings include adult classes, student and children's ministries





## Soteria Des Moines



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3250 SE Soteria Ave  
Des Moines, IA 50265
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: DR. MIKE AUGSBURGER (LEAD PASTOR), CODY CRIGGER (WORSHIP AND ADMINISTRATION PASTOR)
- ▶ CONTACT INFORMATION
  - ▶ (515) 285-1829
  - ▶ soteriadsm.com
  - ▶ hello@soteriadsm.com

### HOURS

Discover Soteria Service	10:30AM (1st & 3rd Sunday)
Worship Service	Sunday 9:00AM & 10:45AM

## The Church of God



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 2423 S Union St.  
Des Moines, IA 50315
- ▶ LANGUAGE: ENGLISH
- ▶ CONTACT INFORMATION
  - ▶ (515) 943-2072
  - ▶ www.thechurchofgod.org/

## Sunshine Open Bible Standard Tabernacle



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 2130 Easton Blvd  
Des Moines, IA 50317
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTORS JEROLD AND CINDY MORRIS
- ▶ CONTACT INFORMATION
  - ▶ (515) 262-0739
  - ▶ www.facebook.com/pages/Sunshine-Open-Bible-Tabernacle/949518841802557?nr

### COMMUNITY ETIQUETTE

- Encourage a relaxed and "casual" atmosphere
- Worship consists of singing traditional and contemporary worship songs, teaching and preaching from the Bible.
- The Sanctuary is upstairs. There is a handicap ramp on the west side of the main church building. The lower area of the church houses The Children's Sanctuary as well as the children's Sunday school rooms

## The Gateway Church

### HOURS

Sunday	10:00AM
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### DRESS CODE

No dress code required.

### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1800 Grand Ave  
Des Moines, IA 50309
- ▶ LANGUAGE: ENGLISH
- ▶ CONTACT INFORMATION
  - ▶ (515) 216-4237
  - ▶ thegatewaychurch.com
  - ▶ info@thegatewaychurch.com



# Walnut Creek Church



## CHRISTIAN CHURCH

### ▶ LOCATION (Windsor Heights Church)

▶ **900 64th St.**  
**Windsor Heights, IA, 50324**

- ▶ LEADER: PASTORS MIKE BOURLAND & TIM GREENO
- ▶ SERVICE TIMES: SUNDAY 9:00AM & 10:30AM

### ▶ LOCATION (Downtown Des Moines Church)

▶ **323 E Locust St.**  
**Des Moines, IA 50309**

- ▶ LEADER: PASTORS LUKE HUKKEE, BOB JOY & DAN RUDE
- ▶ SERVICE TIMES: SATURDAY 5:00PM & 7:00PM, SUNDAY 9:00AM & 10:30AM

### ▶ LOCATION (Southside Des Moines Church)

▶ **3516 SE 14th St.**  
**Des Moines, IA, 50320**

- ▶ LEADER: PASTORS JON CRANE
- ▶ SERVICE TIMES: SUNDAY 9:00AM & 10:30 AM

### ▶ LANGUAGE: ENGLISH

### ▶ CONTACT INFORMATION

- ▶ (515) 418-9994
- ▶ [walnutcreekchurch.org](http://walnutcreekchurch.org)
- ▶ [walnutcreekchurch.formstack.com/forms/contact\\_form](http://walnutcreekchurch.formstack.com/forms/contact_form) (Email Forum)

## SUMMARY

Walnut Creek Church has three metro campuses, the original one in Windsor Heights, and two satellite campuses located downtown Des Moines and on the southside of Des Moines. No specific dress code.



# The Well Covenant Church



## CHRISTIAN CHURCH

### ▶ LOCATION

▶ 2625 Hubbell Ave  
Des Moines, IA 50317

### ▶ LANGUAGE: ENGLISH

### ▶ LEADER: PASTOR MARC PETERSON

### ▶ CONTACT INFORMATION

- ▶ (515) 266-1732
- ▶ <https://www.welldsm.org/>
- ▶ [office@welldsm.org](mailto:office@welldsm.org)

## COMMUNITY ETIQUETTE

- They offer two types of services, the first service is at 8:30 AM makes use of traditional hymns and familiar praise choruses. The second service at 11:00 AM incorporates a full band and recent worship expressions
- Services include Bible-based teaching

## HOURS

Blended Service	Sunday 8:00AM-9:40AM
Holy Grounds	Sunday 9:30AM-9:50AM
Coffee Shop	
Connection Hour	9:50AM-10:50AM
(Groups for Children, Youth, & Adults)	
Contemporary Service	11:00AM-12:10PM

## DRESS CODE

No dress code required.





# West Des Moines Open Bible Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1100 Ashworth Rd
  - West Des Moines, IA 50265
- ▶ LANGUAGE: ENGLISH
- ▶ LEADER: PASTOR ANDREW BATES
- ▶ CONTACT INFORMATION
  - ▶ (515) 223-1256
  - ▶ <http://www.wdmopenbible.org/>
  - ▶ [pastor@wdmopenbible.org](mailto:pastor@wdmopenbible.org)

## HOURS

Sunday Service                      10:00AM (Open To The Public)

## DRESS CODE

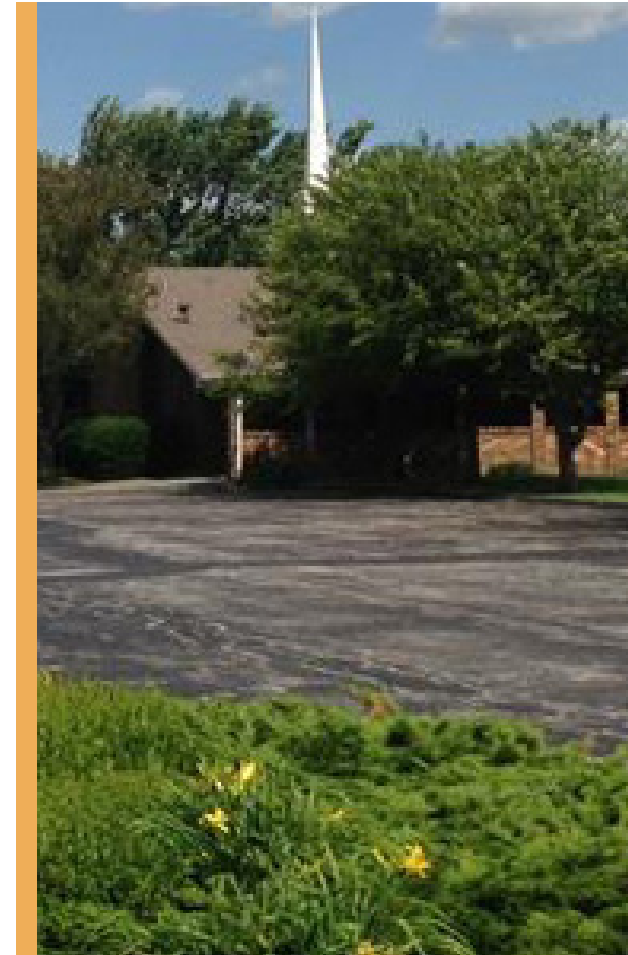
Dress in casual attire or whatever is most comfortable.

## COMMUNITY ETIQUETTE

- Come early for free coffee and donuts
- Show up early if you have young children to get them registered
- Come as you are and dress in what feels most comfortable
- Be ready for an engaging, dynamic atmosphere geared towards ministering the entire family



# Ashworth Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 5300 Ashworth Rd
  - West Des Moines, IA 50266
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR BRENT CLARK
- ▶ CONTACT INFORMATION
  - ▶ (515) 223-0914
  - ▶ <https://ashworth.church/>
  - ▶ [info@ashworthroad.com](mailto:info@ashworthroad.com)

## COMMUNITY ETIQUETTE

- Come dressed in casual attire for worship services.
- Ashworth is part of Converge, a network of like-minded Baptist Christians and churches that share a passion for the Great Commission of Jesus Christ and a commitment to Baptist principles of faith and practice.



## HOURS

Modern Worship                      Sunday 9:15AM  
Classic Worship                      Sunday 10:45AM

## DRESS CODE

Dress modestly in "Sunday Best".



## Bethany Reformed Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 720 NE 52nd Ave  
Des Moines, IA 50313
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: KENT WHITMORE
- ▶ CONTACT INFORMATION
  - ▶ (515) 265-6962
  - ▶ [www.bethanyreformeddsm.com/](http://www.bethanyreformeddsm.com/)
  - ▶ [bethanyrc@outlook.com](mailto:bethanyrc@outlook.com)

### HOURS

Sunday Service 10:30AM

### DRESS CODE

Dress in casual attire.

## Burns United Methodist Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1909 Martin Luther King Pkwy  
Des Moines, IA 50314
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ CONTACT INFORMATION
  - ▶ (515) 244-5883
  - ▶ <http://burnsdsm.org/>

## Capitol Hill Lutheran Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 5111 Des Moines St.  
Des Moines, IA 50317
- ▶ LANGUAGE: ENGLISH & VIETNAMESE
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR MINA BOTHWELL
- ▶ CONTACT INFORMATION
  - ▶ (515) 244-8913
  - ▶ [Chlcdesmoines.org](http://Chlcdesmoines.org)
  - ▶ [info@chlcdesmoines.org](mailto:info@chlcdesmoines.org)

### HOURS

Worship In Chapel	Sunday 8:15AM
Vietnamese Bible Study	Sunday 9:00AM
Worship In Sanctuary	Sunday 10:30AM

### DRESS CODE

Dress however you please, Sunday best or a T-Shirt and Jeans, all are accepted.

### SUMMARY

The 8:15am service is held in the chapel. The service has less standing and sitting, and caters to the older crowd. The 10:30 service is in the sanctuary for larger crowds of a younger generation. The attire is casual, with some wearing jeans and T-Shirts and some wearing business casual or dresses. The rule is to dress how you feel comfortable. Communion is served each Sunday and is open to all.

The church has large Latvian, Vietnamese, and South Sudanese refugee populations which are a large piece of its identity. Being a home to worship for immigrants and people from all different backgrounds makes the church stronger and more accepting.

### COMMUNITY ETIQUETTE

· All are welcome for worship and communion





# Central Presbyterian Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3829 Grand Ave  
Des Moines, IA 50313
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: REVEREND WALLACE W. BUBAR
- ▶ CONTACT INFORMATION
  - ▶ (515) 279-3658
  - ▶ <https://dmcpcc.org/>
  - ▶ [office@dmcpcc.org](mailto:office@dmcpcc.org)

## HOURS

Sunday Worship Service 10:15AM

## DRESS CODE

Dress however you please, Sunday best or a T-Shirt and Jeans, all are accepted.



## COMMUNITY ETIQUETTE

The community observes the seasons of Advent, Christmas, Epiphany, Lent, Easter and Pentecost, with special services on Christmas Eve, Ash Wednesday and during Holy Week.

Presbyterians observe two sacraments. Communion is usually celebrated on the first Sunday of each month and on major feast days. At Central, all God's people are welcome to the table, young and old alike. Baptism is a sign of our incorporation into God's family. Baptisms are celebrated several times a year during the Sunday morning service. Please contact the pastor if you are interested in having your child baptized.

Childcare for children up to age five is provided each week in the nursery, located in the education wing on the first floor.

Our sanctuary is fully accessible to those in wheelchairs. Large-print bulletins and hymnals as well as personal hearing devices are available to those who need them. Please ask one of the hosts if you need any special accommodations.

# Corinthian Baptist Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 814 School St.  
Des Moines, IA 50309
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: REVEREND JONATHON WHITFIELD
- ▶ CONTACT INFORMATION
  - ▶ (515) 243-4073
  - ▶ <http://www.corinthianbc.org/>
  - ▶ [info@corinthianbc.org](mailto:info@corinthianbc.org)

## HOURS

Morning Worship Service	Sunday 7:45 AM
Afternoon Worship Service	Sunday 10:45 AM
Breakfast Fellowship	Sunday 9:30 AM
Sunday School	Sunday 10:00 AM

## DRESS CODE

Casual and comfortable, but modest.





# Crestwood Baptist Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3717 Forest Ave
  - Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR EUGENE
- ▶ CONTACT INFORMATION
  - ▶ (515) 274-2420
  - ▶ [www.crestwood.church/](http://www.crestwood.church/)
  - ▶ [church@crestwood.church](mailto:church@crestwood.church)

## COMMUNITY ETIQUETTE

- Come as you are; all clothing and ways of life are welcome and encouraged to attend
- Engage with those around you
- You will be given a name tag and a welcome gift upon arrival
- Sing along during the songs—most of the service is based on musical worship!
- Be casual and friendly—the service consists of song, scripture sermon from Pastor Eugene



## SUMMARY

There are youth and adult groups and services on Tuesdays and Wednesday nights, as well as Adult Small Groups on Wednesdays and Sundays. They serve a Wednesday Night Meal, open to anyone in the community. In collaboration with the Martin Luther King neighborhood in Des Moines, they also provide ministry to teens and adults in poverty or in need of a community.

## HOURS

Sunday Service 10:30AM

## DRESS CODE

No dress code required.

# Crossroads Fellowship Christian Reformed Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1200 60th St
  - Des Moines, IA 50266
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: MARK JICINSKY
- ▶ CONTACT INFORMATION
  - ▶ (515) 255-8873
  - ▶ [www.crossroads-crc.org/](http://www.crossroads-crc.org/)
  - ▶ [office@crossroads-crc.org](mailto:office@crossroads-crc.org)

## COMMUNITY ETIQUETTE

- Come as you are - there is no dress code
- Worship service is a blend of contemporary and traditional music
- There is a fully staffed nursery all year round. During the school year, there is Children in Worship for kids 3 to PreK and Sunday School following the service for kids 3 years to high school



## HOURS

Worship Service Sunday 9:30AM

## DRESS CODE

No dress code required.



## Seventh Day Adventist Church Communities



### Des Moines 7th Day Adventist Church

- ▶ LOCATION
  - ▶ 2317 Watrous Ave  
Des Moines, IA 50321
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR JEREMIAH SMART
- ▶ CONTACT INFORMATION
  - ▶ (515) 285-6245
  - ▶ <https://desmoinesia.adventistchurch.org/>
  - ▶ [desmoinesadventistchurch@gmail](mailto:desmoinesadventistchurch@gmail)

### HOURS

Sabbath School	Saturday 9:30AM
Worship Service	Saturday 10:45AM



### Des Moines Spanish 7th Day Adventist Church

- ▶ LOCATION
  - ▶ 7975 SE 5th St  
Des Moines, IA 50313
- ▶ LANGUAGE: SPANISH & ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ CONTACT INFORMATION
  - ▶ (515) 480-4327
  - ▶ [desmoinesspanishia.adventistchurch.org/](https://desmoinesspanishia.adventistchurch.org/)

### HOURS

Worship Service	Saturday 11:00AM
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## Seventh Day Adventist Church Communities



### Jordan Crossing Church

- ▶ LOCATION
  - ▶ 2183 Grand Ave  
West Des Moines, IA 50265
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ CONTACT INFORMATION
  - ▶ [www.jordancrossingchurch.org/](http://www.jordancrossingchurch.org/)
  - ▶ [jordancrossing316@gmail.com](mailto:jordancrossing316@gmail.com)

### HOURS

The Message	Saturday 3:30PM
Adult Sabbath School	Saturday 2:00PM
Children's Sabbath School	Saturday 2:00PM
Bible Study Group	Wednesday 6:30PM



### Philadelphia 7th Day Adventist Church

- ▶ LOCATION
  - ▶ 1639 Garfield Ave  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ CONTACT INFORMATION
  - ▶ (515) 987-1402
  - ▶ <https://philadelphiaia.adventistchurch.org/>
  - ▶ [irby.B@central-states.org](mailto:irby.B@central-states.org) (pastor)

### HOURS

Sabbath	Saturday 10:30AM
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# Eastside Church of the Nazarene



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1451 E. 25th St  
Des Moines, IA 50317
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: SENIOR PASTOR MARK DOLL AND ASSOCIATE PASTOR MICHAEL HOLL
- ▶ CONTACT INFORMATION
  - ▶ (515) 265-6000
  - ▶ <https://dsmeastside.org/>
  - ▶ [office@dsmeastside.org](mailto:office@dsmeastside.org)

## COMMUNITY ETIQUETTE

- You don't have to be baptized into the Nazarene Church to receive their communion



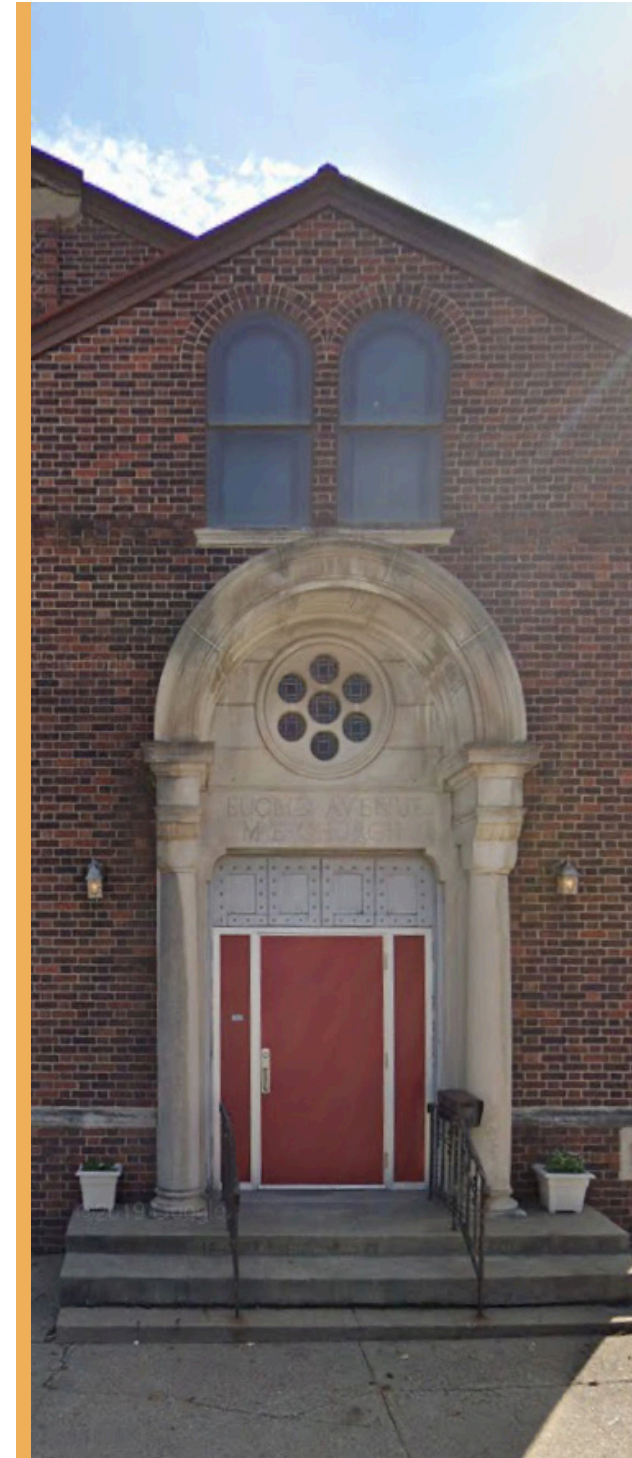
## HOURS

Sunday School	9:30AM
Worship Service	Sunday 10:45AM, 6:00PM
Ministries	Wednesday 7:00PM

## DRESS CODE

Dress modestly.

# Epworth United Methodist Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 412 Euclid Ave  
Des Moines, IA 50313
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: REVEREND BYUNGHWOON LEE
- ▶ CONTACT INFORMATION
  - ▶ (515) 243-3817
  - ▶ [www.epworthumc-desmoines.org/](http://www.epworthumc-desmoines.org/)
  - ▶ [epworth412@gmail.com](mailto:epworth412@gmail.com)

## HOURS

Worship Service	Sunday 10:45AM
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## DRESS CODE

Dress modestly.



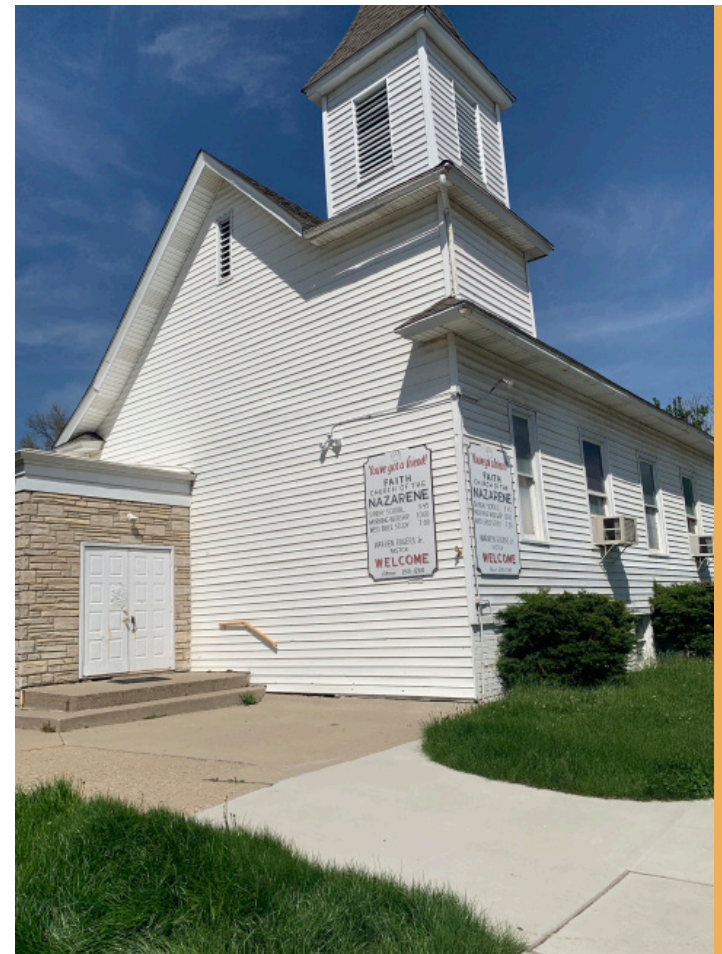


# Faith Church of the Nazarene



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1501 22nd St.  
Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR WARREN ROGERS JR.
- ▶ CONTACT INFORMATION
  - ▶ (515) 280-1260, (515) 274-5326, (515) 480-4894
  - ▶ [www.iowanazarene.org/des-moines-faith](http://www.iowanazarene.org/des-moines-faith)
  - ▶ [revw50@cs.com](mailto:revw50@cs.com)



## COMMUNITY ETIQUETTE

- Informal services last about an hour
- You don't have to be baptized into the Nazarene Church to receive the communion

## HOURS

Worship Service Sunday 2:00PM - 3:00PM

## DRESS CODE

Dress modestly.

# Faith Missionary Baptist Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3415 3rd St.  
Des Moines, IA 50313
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ CONTACT INFORMATION
  - ▶ (515) 243-0900
  - ▶ [www.faithmbaptistdms.org/](http://www.faithmbaptistdms.org/)



## HOURS

Worship Service Sunday 10:30AM

## DRESS CODE

Dress modestly.







# First Church of the Nazarene



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4025 Lower Beaver Rd.  
Des Moines, IA 50310
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR MATT POLLOCK
- ▶ CONTACT INFORMATION
  - ▶ (515) 635-1883
  - ▶ [www.dmfirstnaz.org/](http://www.dmfirstnaz.org/)
  - ▶ [office@dmfirstnaz.org](mailto:office@dmfirstnaz.org)

## HOURS

Worship Service                      Sunday 10:00AM

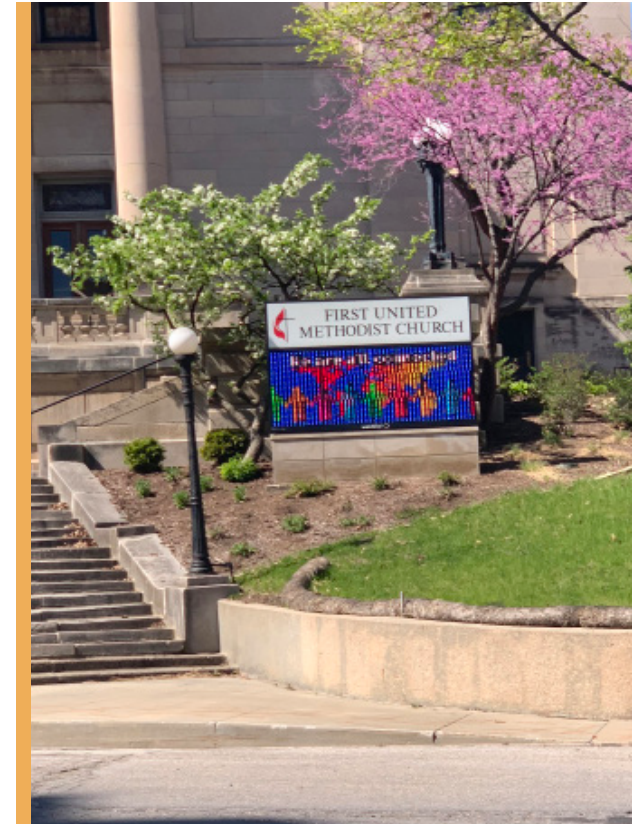
## DRESS CODE

Dress modestly in "Sunday nice".

## COMMUNITY ETIQUETTE

- Currently without its own building, the First Church of the Nazarene currently meets in the fellowship hall of Debra Heights Wesleyan Church for worship on Sunday mornings.
- Any Christian can receive the communion as you don't have to be baptized into the Nazarene Church
- They follow a basic liturgy each week: worship, quiet time with the Lord, singing, passing the sign of peace, reading scripture, announcements, more worship, a sermon given by the pastor, prayer, communion (with gluten free bread and unfermented wine), and end with a final song.

# First United Methodist Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1001 Pleasant St.  
Des Moines, IA 50309
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR EDGAR SOLIS
- ▶ CONTACT INFORMATION
  - ▶ (515) 244-6209
  - ▶ [dmfirstchurch.org](http://dmfirstchurch.org)

## HOURS

Traditional Service                      Sunday 10:30 AM  
South Sudanese Mabaan Service    Sunday 12:30PM

## DRESS CODE

Dress modestly.

## COMMUNITY ETIQUETTE

- A nursery is available for children ages 0-3
- During worship children are invited to come forward for a children's message and then may leave for Children's Church or return to their parents in the pew
- Holy Communion is offered the first Sunday of every month.
- After worship there is a time of fellowship in Kenyon Hall (west of the sanctuary). Coffee, juice and refreshments are served.
- Worship service is held at 10:30 on Sunday mornings in the sanctuary. The service includes traditional worship, with songs and carols sung from the hymnal, led by the pipe organ and choir.





# Grace Lutheran Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 5201 Urbandale Ave  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR MIKE SCHMIDT
- ▶ CONTACT INFORMATION
  - ▶ (515) 276-6873
  - ▶ <https://gracedm.org/>
  - ▶ [hello@gracedm.org](mailto:hello@gracedm.org)



## COMMUNITY ETIQUETTE

- Sanctuary is fully accessible
- "Sunday best" or whatever you decide to wear is suitable as long as it is respectful and appropriate for every age

## HOURS

Worship Service                      Sunday 9:00AM

## DRESS CODE

Dress modestly.

# Grace Reformed Presbyterian Church

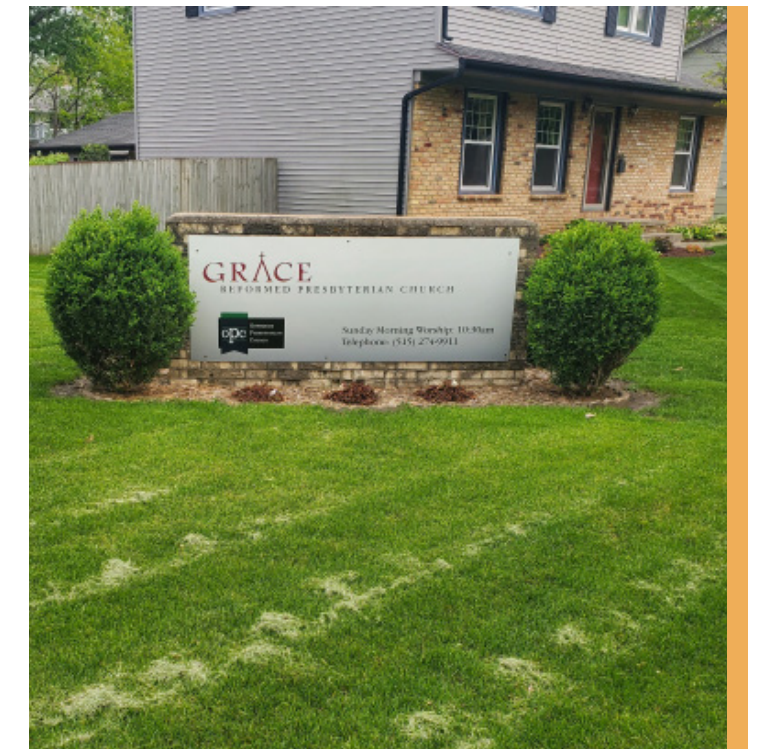


## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4601 38th St.  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: REVEREND EDWARD JENSEN
- ▶ CONTACT INFORMATION
  - ▶ (515) 274-9911
  - ▶ [www.gracedsm.org/](http://www.gracedsm.org/)

## COMMUNITY ETIQUETTE

- Grace Reformed Presbyterian Church adheres to the doctrines set forth in the Westminster Confession of Faith and the Larger Catechism/Shorter Catechisms



## HOURS

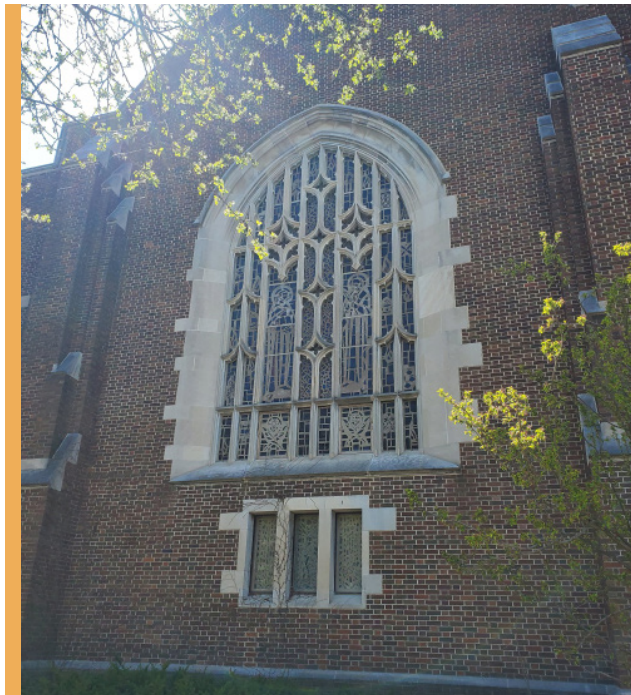
Worship Service                      Sunday 10:30 AM

## DRESS CODE

Dress modestly.



## Grace United Methodist Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3700 Cottage Grove Ave  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: REVEREND NATE NIMS
- ▶ CONTACT INFORMATION
  - ▶ (515) 255-2131
  - ▶ [gracedesmoines.org](http://gracedesmoines.org)

### HOURS

Traditional Small Group	Sunday 8:00 AM
Traditional Worship Service	Sunday 10:15 AM

## Highland Park Christian Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4260 NW 6th Dr  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: SENIOR MINISTER HEATHER WACHENDORF
- ▶ CONTACT INFORMATION
  - ▶ (515) 244-3182
  - ▶ [www.hpchristiansm.org/](http://www.hpchristiansm.org/)

### HOURS

Worship Service	Sunday 10:15 PM
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## Immanuel United Methodist Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 2900 49th St.  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: REVEREND KATIE DAWSON
- ▶ CONTACT INFORMATION
  - ▶ (515) 277-1100
  - ▶ [www.immanueldsm.org/](http://www.immanueldsm.org/)
  - ▶ [inquiries@immanueldsm.org](mailto:inquiries@immanueldsm.org)

### HOURS

Traditional Worship Service	Sunday 8:45AM
Contemporary Worship Service	Sunday 10:30AM

### DRESS CODE

No dress code required.

### COMMUNITY ETIQUETTE

- When you arrive at Immanuel on Sunday morning, it is important to know the main entrance is at the "back" of the building. Enter the parking lot through the south entrance and you'll find parking.
- To the right, you'll find coat racks and Faith Hall, the primary fellowship area of the facility. Coffee, treats, and friendly conversation are available here in between worship services.
- To the left down the stairs is the basement, which contains classrooms for our Sunday morning children's activities. During the school year, activities for children and youth are available at 10:00 AM on Sunday and 6:00PM on Wednesday nights.
- To the left up the stairs is the sanctuary where the worship services are held. The church office, library, and nursery is upstairs if you continue past the sanctuary and down the hall.
- Children of all ages are welcome to participate in any worship service at Immanuel. However, if preferred, adult-supervised nursery care is available for infants and toddlers all morning on Sundays.



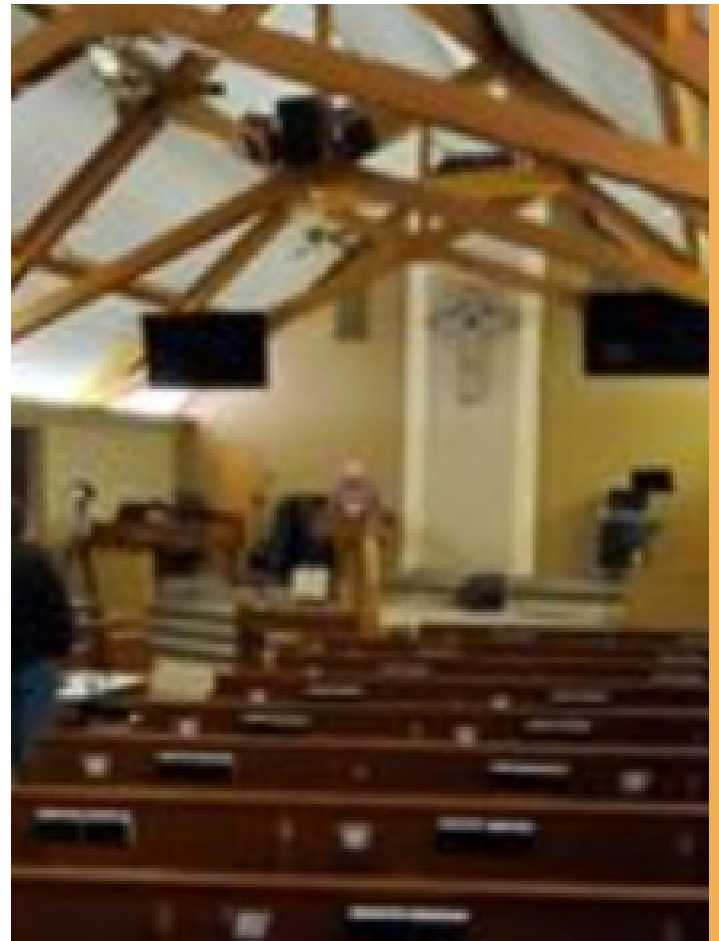


# Indianola Heights Evangelical Free Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3000 SE 9th St.  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: SENIOR PASTOR TOM FRY
- ▶ CONTACT INFORMATION
  - ▶ (515) 244-4462
  - ▶ [www.ihfec.org/](http://www.ihfec.org/)
  - ▶ [office@ihfec.org](mailto:office@ihfec.org)



## HOURS

Worship Service Sunday 10:00AM

## DRESS CODE

Dress modestly.

# Kyles A.M.E. Zion Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 907 15th St.  
Des Moines, IA 50314
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR SETH MARTIN MOULTON
- ▶ CONTACT INFORMATION
  - ▶ (515) 288-2391
  - ▶ [kyleschurch.com](http://kyleschurch.com)
  - ▶ [witness@kyleschurch.com](mailto:witness@kyleschurch.com)

## HOURS

Worship Services Sunday 11:00AM  
The Lord's Supper (Served after worship on the first Sunday of every month)

## DRESS CODE

Dress business casual for Sunday worship services.

## COMMUNITY ETIQUETTE

- Services last about two hours and fifteen minutes.
- Bring \$1–\$5 for the collection basket, it will be noticed if you choose not to donate
- Bring your own Bible
- Walk around the worship space and hug the other members of the congregation during "The Sharing of Peace". Be prepared to meet everyone in the congregation
- Fill out the guest information card before the service starts, this information will be read during the service and you will be asked if you have any words to share with the congregation





# Lighthouse Community Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 7705 Indianola Ave  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: KEVIN WARNER
- ▶ CONTACT INFORMATION
  - ▶ (515) 287-3500
  - ▶ www.lhousechurch.com/



## COMMUNITY ETIQUETTE

- Lighthouse is a casual church so wear what is comfortable.
- A children's ministry, LIGHTHOUSE KIDS, for children birth – 5th grade is available.
- It is a contemporary worship atmosphere.

## HOURS

Worship Service                      Sunday 10:00AM

## DRESS CODE

Dress comfortably and casual.

# Lincoln Heights Lutheran Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1217 Watrous Ave  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR MATT PFEIFER
- ▶ CONTACT INFORMATION
  - ▶ (515) 288-3013
  - ▶ www.lhelc.org/
  - ▶ pastor@lhelc.org



## COMMUNITY ETIQUETTE

- No dress code
- For children who need to take a break, there is a room where the service is shown on a video screen

## HOURS

Worship Services                      Sunday 8:00AM, 10:30AM

## DRESS CODE

No dress code required.



# Living Water Evangelical Free Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 2101 Evergreen Avenue  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR WILONDJA MSIANDO
- ▶ CONTACT INFORMATION
  - ▶ (515) 865-4491
  - ▶ <http://www.livingwaterdsm.org/>

## COMMUNITY ETIQUETTE

- No dress code required only to "put on anything that you feel comfortable with and that brings honor to our God."
- To become an effective member of the Living Water EFC, a prospective member shall submit to the board of elders an application for membership.
- Programs available are African Refugee Tutorial (ART), ESL, Afterschool/Tutoring program, Computer Literacy, Employment Training & Assimilation Mentoring and Conflict Resolution, Reconciliation and Peace Building



## HOURS

Worship Service     Sunday 9:00AM – 12:00PM  
 Prayer Services     Saturday 9:00PM - 12:00AM  
 Fasting & Prayer Morning to Evening  
    Every last Saturday of the month  
    Every last Saturday of the 3rd month

## DRESS CODE

No dress code required.

# Lutheran Church of Hope



## CHRISTIAN CHURCH

- ▶ LOCATION (**West Des Moines Campus**)
  - ▶ 925 Jordan Creek Pkwy  
West Des Moines, Iowa 50266
- ▶ LEADER: PASTOR MIKE HOUSHOLDER

- ▶ LOCATION (**Ankeny Campus**)
  - ▶ 520 NW 36th St  
Ankeny, Iowa 50023
- ▶ LEADER: PASTOR SCOTT RAINS

- ▶ LOCATION (**Des Moines Campus**)
  - ▶ 2500 University Ave  
Des Moines, Iowa 50311
- ▶ LEADER: PASTOR JON ANESON

- ▶ LOCATION (**Grimes Campus**)
  - ▶ 1335 NE Beaverbrooke Blvd  
Grimes, Iowa 50111
- ▶ LEADER: PASTOR ERIC VOELKER

## ADDITIONAL INFO

- ▶ SERVICE TIMES:
  - SATURDAY WORSHIP: 5PM
  - SUNDAY WORSHIP: 8AM, 9:30AM, 11AM, 5PM
  - SUNDAY TRADITIONAL WORSHIP: 12:30PM
- ▶ LANGUAGE: ENGLISH, AMERICAN SIGN LANGUAGE, SPANISH
- ▶ CONTACT INFORMATION
  - ▶ (hope@hopewdm.org)
  - ▶ [luthernchurchofhope.org](http://luthernchurchofhope.org)



# Meredith Drive Reformed Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 5128 Meredith Dr  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: SUZANNE VOGEL (LEAD PASTOR)  
GARY HANSON (MEREDITH DRIVE CAMPUS PASTOR)  
JONNY CRAIG (THE BRIDGE CAMPUS PASTOR)  
BEP REEVES (INFANT-5TH GRADE CHILDREN'S PASTOR)
- ▶ CONTACT INFORMATION
  - ▶ (515) 276-4901
  - ▶ [www.meredithdrive.org/](http://www.meredithdrive.org/)

## COMMUNITY ETIQUETTE

- Meredith Drive Reformed Church belongs to the Reformed Church In America (RCA) denomination. The word "Reformed" comes from the Protestant Reformation which swept across Europe in the 1500s under the leadership of such men as Martin Luther and John Calvin.
- Music and the arts play an important and vital role in the ministry and worship of Meredith Drive Reformed Church. This is confirmed by the participation of many musicians and artists at both campuses, the support of the church's leadership, and the affirmation of the congregation.

## HOURS

Worship Service                      Sunday 9:00AM

## DRESS CODE

Dress modestly.



# New Beginnings Christian



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 8631 Hickman Road  
Urbandale, Iowa
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR SUZANNE HALL STOUT
- ▶ CONTACT INFORMATION
  - ▶ (515) 633-7772
  - ▶ <http://fccdm.org>
  - ▶ [sstout@newbeginnings-cc.org](mailto:ssout@newbeginnings-cc.org)

## COMMUNITY ETIQUETTE

- Come in with an open mind and calm heart
- Engage with those around you when asked to during the service
- Sing along during the songs
- Donate a few dollars during collection
- Sign your name in the guest book

## HOURS

Sunday	
Learning Hour	9:15AM
Worship Service	10:30AM
Fellowship Time	11:45AM

## DRESS CODE

Casual and comfortable, but modest.

## SUMMARY

New Beginnings Christian Church is the newly founded church of the congregation from the former First Christian Church at 2500 University Ave. Church leadership has remained the same through the transition in location and name.





# Plymouth Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4126 Ingersoll Ave.  
Des Moines, IA 50312
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: MATT MARDIS-LECROY
- ▶ CONTACT INFORMATION
  - ▶ (515) 255-3149
  - ▶ [www.plymouthchurch.com/](http://www.plymouthchurch.com/)
  - ▶ [www.plymouthchurch.com/connectplymouth/](http://www.plymouthchurch.com/connectplymouth/)

## COMMUNITY ETIQUETTE

- Plymouth is an open and welcoming church. All are invited for worship and communion.
- Dress as you feel comfortable.
- Saturday worship is more of a casual and contemporary service. The 9:00 AM Sunday worship is traditional with the Matins (High School) choir. The 11:00AM Sunday worship is a traditional service with Chancel (Adult) choir with an older crowd.

## HOURS

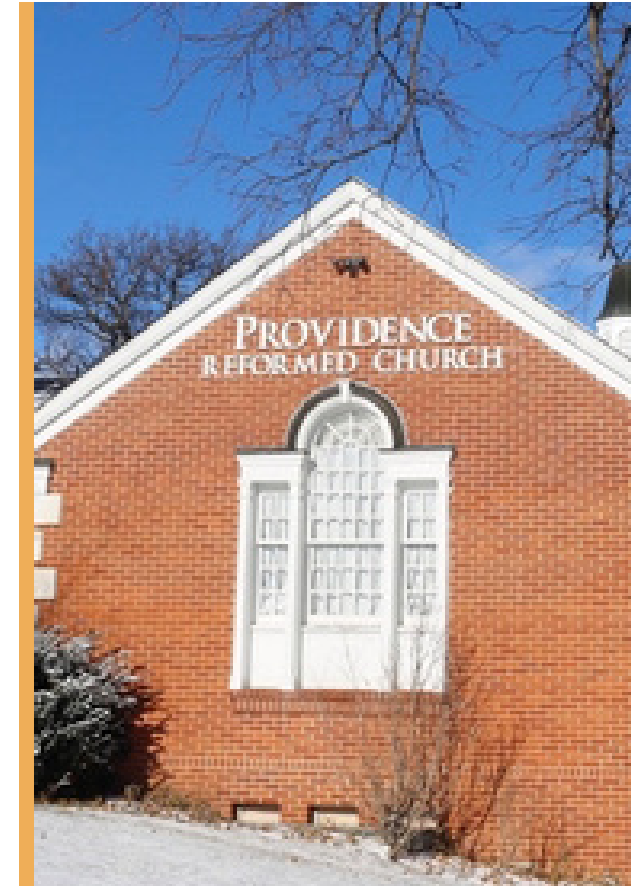
Worship Service (Casual)	Saturday 5:30PM
Worship Service (Traditional)	Sunday 9:00AM
Worship Service (Traditional)	Sunday 11:00AM

## DRESS CODE

Casual and comfortable, but modest.



# Providence Reformed Church



## CHRISTIAN CHURCH

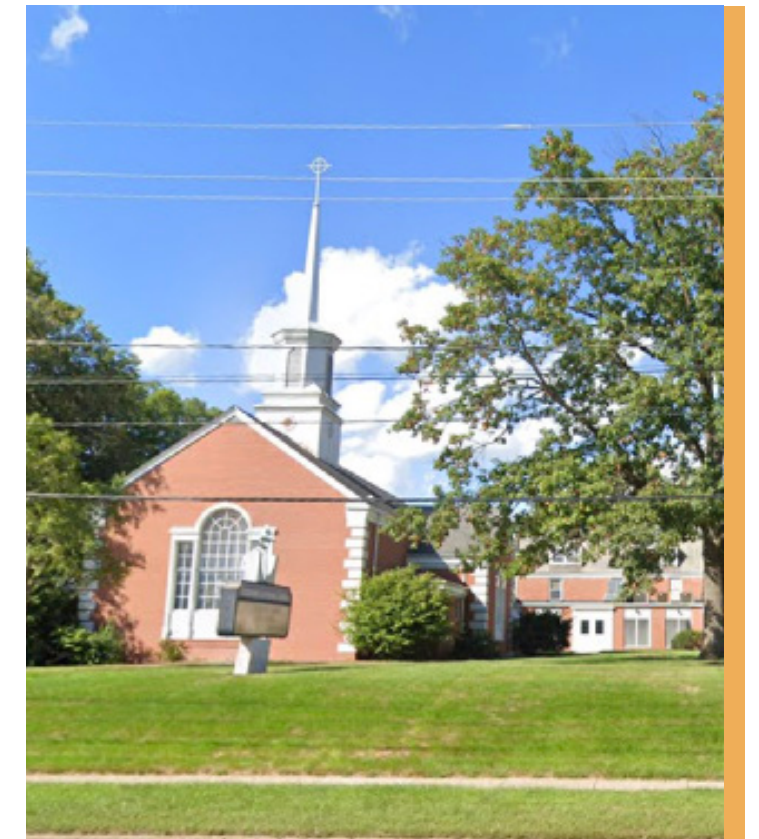
- ▶ LOCATION
  - ▶ 3615 University Ave,  
Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: TIM IVES (CLERK OF COUNCIL), TOM DEATSCH (VICE CHAIRMAN OF COUNCIL), PASTOR J. JAMES LUCERO (CHAIRMAN OF COUNCIL), ADAM VAN DER MOLEN (DEACON), AUSTIN VAN VUREN (DEACON)
- ▶ CONTACT INFORMATION
  - ▶ (515) 707-8022
  - ▶ [www.providencerc.org/](http://www.providencerc.org/)
  - ▶ [ProvRefChurch@gmail.com](mailto:ProvRefChurch@gmail.com)

## HOURS

Sunday School	Sunday 9:00AM
Worship Service	Sunday 10:00AM
Worship Service	Sunday 5:00PM

## DRESS CODE

Dress modestly.





# Redeemer Baptist Church

## HOURS

Worship Service Sunday 10:00AM

## DRESS CODE

Dress is anything from casual to coat and tie

## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1601 Vine St
  - West Des Moines, IA 50320
  - Community location meets at Stillwell Junior High
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: SENIOR PASTOR/ELDER NOAH BRAYMEN
- ▶ CONTACT INFORMATION
  - ▶ (515) 635-1839
  - ▶ <https://redeemerdsm.church/>

# Redeemer Evangelical Lutheran Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3615 University Ave
  - Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ CONTACT INFORMATION
  - ▶ (515) 277-6131
  - ▶ <http://redeemerdsm.com/>

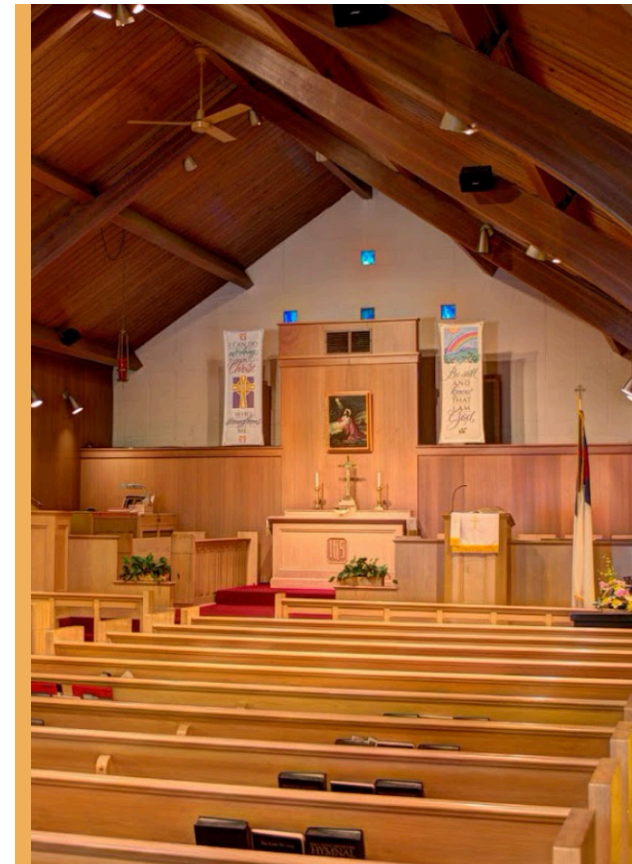
## HOURS

Worship Service Sunday 9:00AM  
Bible Study Sunday 10:00AM

## DRESS CODE

Business casual at all services.

# Redeemer Presbyterian Church



## CHRISTIAN CHURCH

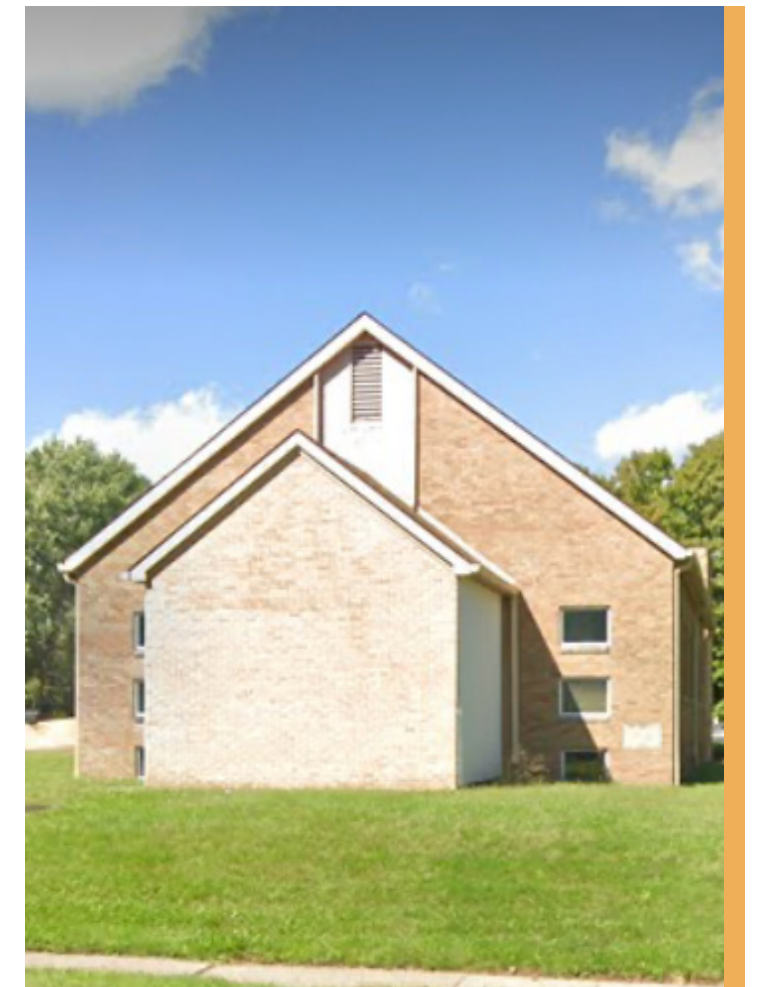
- ▶ LOCATION
  - ▶ 5001 Hickman Road
  - Des Moines, IA 50310
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: SENIOR PASTOR WAYNE LARSON
- ▶ CONTACT INFORMATION
  - ▶ [www.redeemer-dm.org/](http://www.redeemer-dm.org/)
  - ▶ [rpcdesmoines@gmail.com](mailto:rpcdesmoines@gmail.com)

## HOURS

Worship Service Sunday 10:30AM-11:45AM  
Sunday School Sunday 9:30AM-10:15AM  
(From September to May)

## DRESS CODE

Dress modestly.





## Revive Church of the Nazarene



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4335 NW 6th Dr.  
Des Moines, IA 50313
- ▶ LANGUAGE: SPANISH & ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR DARYLE WRIGHT
- ▶ CONTACT INFORMATION
  - ▶ (515) 244-7489
  - ▶ <https://revivenaz.org/index.html>
  - ▶ [dwright152@aol.com](mailto:dwright152@aol.com)

### COMMUNITY ETIQUETTE

- Any Christian can receive Communion, you don't have to be baptized into the Nazarene Church
- The service begins by stating the Apostle's Creed and Lord's Prayer. Next, the praise band will lead in a few songs. Then the congregation will take an offering and share any news or events that are going on.
- Children are dismissed at this time to head to Revive Kids Church. The congregation will move into the sermon and then end the service with prayer and communion.



### HOURS

Worship Service	Sunday 10:00AM
Hispanic Worship Service	Sunday 2:00PM
Prayer Service	Sunday 6:00PM (Occurs 2-3 times a month)

### DRESS CODE

Dress modestly in "Sunday Best."

## Saint Aidan Anglican Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4911 Meredith Dr.  
Des Moines, IA 50310
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: REVEREND FATHER BRADFORD JOHNSON (HEAD PRIEST), REVEREND LOUIS W. FALK (BISHOP AND RECTOR EMERITUS)
- ▶ CONTACT INFORMATION
  - ▶ (515) 633-7772
  - ▶ [padre1989@hotmail.com](mailto:padre1989@hotmail.com)
  - ▶ [www.facebook.com/StAidanDSM/](http://www.facebook.com/StAidanDSM/)

## Saint Andrew's Episcopal Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 5720 Urbandale Ave  
Des Moines, IA 50310
- ▶ LANGUAGE: DINKA & ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: REVEREND STEVE GODFREY
- ▶ CONTACT INFORMATION
  - ▶ (515) 255-2101
  - ▶ [www.standrewsdsm.org/](http://www.standrewsdsm.org/)
  - ▶ [standrew5720@gmail.com](mailto:standrew5720@gmail.com)

### HOURS

Worship Service	Sunday 10:00AM (English)
	Sunday 11:30AM (Dinka)



# Saint John's Lutheran Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 600 6th Avenue  
Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: EVANGELICAL LUTHERAN
- ▶ LEADER: SENIOR PASTOR RACHEL THORSON MITHELMAN; ASSOCIATE PASTOR BOB SPEIRS; VISITATION PASTOR DREW GANGLE
- ▶ CONTACT INFORMATION
  - ▶ (515) 243-7691
  - ▶ stjohndsm.org
  - ▶ SJLC@stjohndsm.org



## HOURS

Worship Service (Chapel)	Saturday 5:00PM
Worship Service	Sunday 8:00AM
Coffee Fellowship	Sunday 8:30AM (Weertz Fellowship Hall)
Sunday School, Adult Forum	Sunday 8:45AM
Worship Service	Sunday 10:00AM
Coffee Fellowship	Sunday 11:00AM (Fireside Lounge)

## DRESS CODE

Dress modestly; Semi-formal.

# Saint Luke's Episcopal Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3424 Forest Avenue  
Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: EPISCOPAL CHRISTIANITY
- ▶ LEADER: REVEREND MARTHA R. KESTER
- ▶ CONTACT INFORMATION
  - ▶ (515) 277-0875
  - ▶ stlukes-dsm.org
  - ▶ stlukesdsm@netins.net

## COMMUNITY ETIQUETTE

As constituent members of the Anglican Communion in the United States, the Episcopal Church USA is a descendant of and partner with the Church of England and the Scottish Episcopal Church. All who are baptized as Christians may receive the Eucharist.

## HOURS

Bible Study	Wednesday 10:30AM, 12:15PM, 1:00PM, and 7:00PM Saturday 9:00AM Sunday 9:00AM (Men's Bible Study)
Worship Service	Monday 5:15PM Tuesday 5:15PM Wednesday 9:30AM Thursday 5:15PM Friday 7:00AM Saturday 8:00AM (Holy Eucharist) Sunday 8:00AM (Holy Eucharist, School, Nursery)

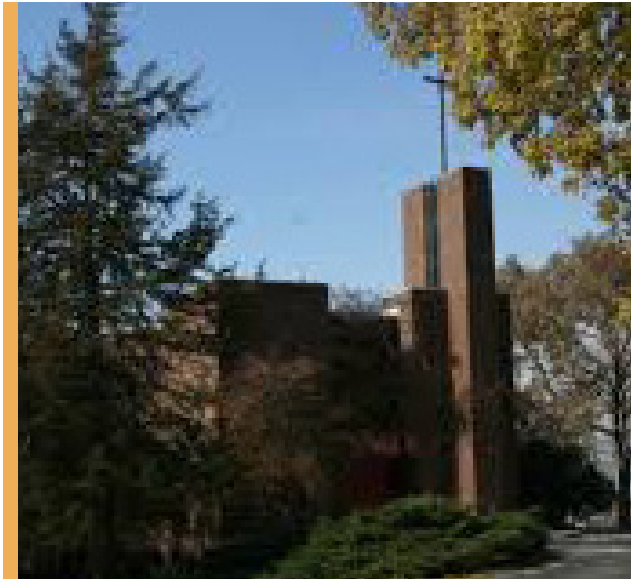
## DRESS CODE

No dress code required.





# Saint Mark's Episcopal Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3120 E 24th St  
Des Moines, IA 50317
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: EPISCOPAL CHRISTIANITY
- ▶ LEADER: REVEREND KATHY TRAVIS, REVEREND SHERRIE HUGHES-EMKE, BISHOP ALAN AND DONNA SCARFE
- ▶ CONTACT INFORMATION
  - ▶ (515) 266-1304
  - ▶ stmarksdsm.org/

## COMMUNITY ETIQUETTE

· As constituent members of the Anglican Communion in the United States, the Episcopal Church USA is a descendant of and partner with the Church of England and the Scottish Episcopal Church. All who are baptized as Christians may receive the Eucharist.

## HOURS

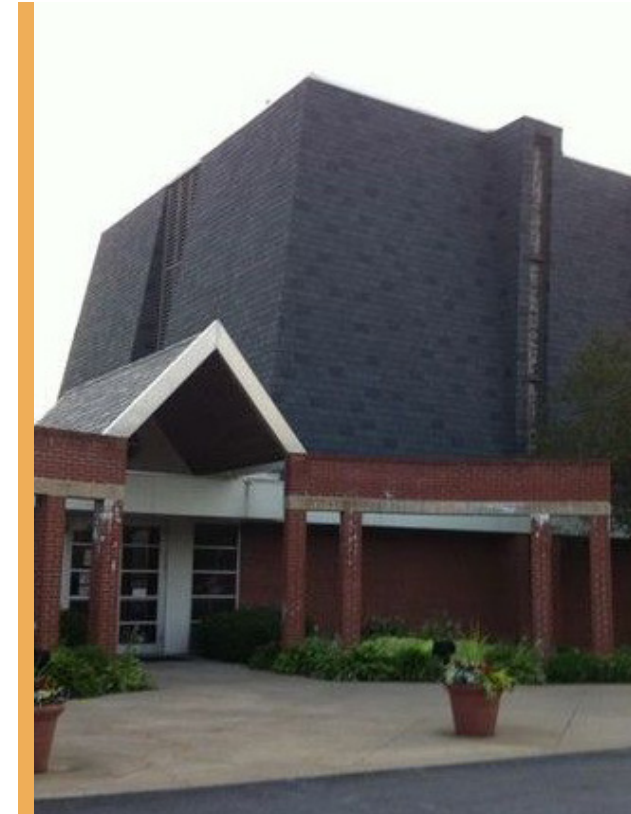
Worship Service	Sunday 10:00AM (Eucharist)
Worship Service	Thursday 5:30AM (Eucharist)

## DRESS CODE

Dress modestly.



# Saint Mark Lutheran Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1105 Grand Ave  
Des Moines, IA 50265
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: BOB BEKKERUS
- ▶ CONTACT INFORMATION
  - ▶ (515) 223-4208
  - ▶ stmarkwdm.org/
  - ▶ office@stmarkwdm.org

## COMMUNITY ETIQUETTE

· As constituent members of the Anglican Communion in the United States, the Episcopal Church USA is a descendant of and partner with the Church of England and the Scottish Episcopal Church. All who are baptized as Christians may receive the Eucharist.

## HOURS

Contemporary Service	Wednesday 6:00PM
Contemporary Service	Saturday 5:00PM
Contemporary Service	Sunday 10:00AM
Traditional Service	Sunday 8:30AM & 11:10AM

## DRESS CODE

Dress modestly.





# Saint Paul African Methodist Episcopal Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1201 Day St  
Des Moines, IA 50314
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: AFRICAN METHODIST EPISCOPAL
- ▶ LEADER: REVEREND DR. FREDERICK K. GADDY
- ▶ CONTACT INFORMATION
  - ▶ [stpauldesmoines.org](http://stpauldesmoines.org)
  - ▶ [admin@stpauldesmoines.org](mailto:admin@stpauldesmoines.org)

## HOURS

Adult Church School	Sunday 8:30AM
Children's Church	Sunday 11:00AM
Worship Service	Sunday 10:00AM

## DRESS CODE

Dress modestly.



# Saint Paul's Episcopal Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 815 High St  
Des Moines, IA 50309
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: EPISCOPAL CHRISTIANITY
- ▶ LEADER: REVEREND ALAN SCARFE, FATHER TROY BEECHAM
- ▶ CONTACT INFORMATION
  - ▶ (515) 288-7297
  - ▶ [cathedralchurchofstpaul.org/](http://cathedralchurchofstpaul.org/)
  - ▶ [administrator@cathedralchurchofstpaul.org](mailto:administrator@cathedralchurchofstpaul.org)

## COMMUNITY ETIQUETTE

· As constituent members of the Anglican Communion in the United States, the Episcopal Church USA is a descendant of and partner with the Church of England and the Scottish Episcopal Church. All who are baptized as Christians may receive the Eucharist.

## HOURS

Mass Service	Sunday 8:00AM (Without Choir)
	Sunday 10:00AM (With Choir)

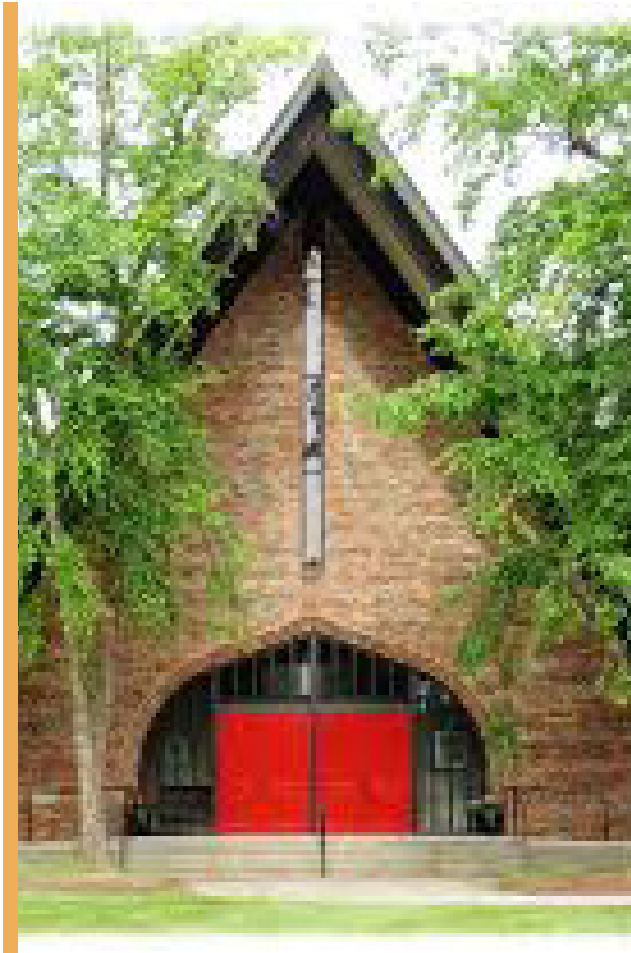
## DRESS CODE

Dress modestly.





# Saint Timothy's Episcopal Church

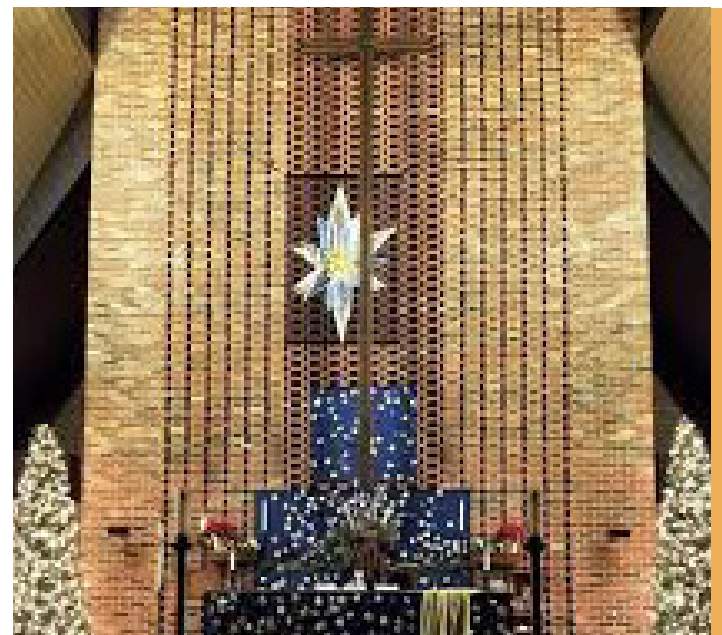


## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1020 24th St  
Des Moines, IA 50266
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: \_\_\_\_\_
- ▶ CONTACT INFORMATION
  - ▶ (515) 225-2020
  - ▶ sttimothysiowa.org/
  - ▶ office@sttimothysiowa.org

## COMMUNITY ETIQUETTE

· As constituent members of the Anglican Communion in the United States, the Episcopal Church USA is a descendant of and partner with the Church of England and the Scottish Episcopal Church. All who are baptized as Christians may receive the Eucharist.



## HOURS

Worship Service                      Sunday 9:30AM

## DRESS CODE

No dress code required.

# Shepherd of the Valley Lutheran Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3900 Ashworth Road  
West Des Moines, IA 50265
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: JOHN DAVID MULL (SENIOR PASTOR), EUGENE R. KRUEGER (ASSOCIATE PASTOR)
- ▶ CONTACT INFORMATION
  - ▶ (515) 225-1623
  - ▶ shepherd-valley.org/

## HOURS

Traditional Service	Saturday 5:00PM
	Sunday 8:00AM
Contemporary Praise Service	Sunday 10:30AM

## DRESS CODE

No dress code required.



## Iglesia Luterana El Pastor del Valle

- ▶ LOCATION
  - ▶ 3900 Ashworth Rd  
Des Moines, IA 50320
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ CONTACT INFORMATION
  - ▶ (515) 528-0025
  - ▶ lincon@me.com
  - ▶ www.facebook.com/nuestrosalvadoresmoines/



## Southside Church of the Nazarene



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4110 S. Union St.  
Des Moines, IA 50315
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: JOSEPH SAVAGE
- ▶ CONTACT INFORMATION
  - ▶ (515) .244-4312
  - ▶ southsidenaz.church

### HOURS

Church Classes	Sunday 9:30 AM
Worship Service	Sunday 10:45AM

## Trinity Las Americas United Methodist Church



### HOURS

Worship Service	Sunday 10:00AM (Bilingual)
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### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1548 8th St  
Des Moines, IA 50314
- ▶ LANGUAGE: SPANISH & ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: ALEJANDRO ALFARO-SANRIZ (LEAD PASTOR)  
EMILY E. EWING (SOCIAL JUSTICE PASTOR)
- ▶ CONTACT INFORMATION
  - ▶ (515) 288-4056
  - ▶ trinitylasamericas.org
  - ▶ office@trinitylasamericas.org

## Trinity Lutheran Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 3223 University Ave  
Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH, LAO & NUER
- ▶ BRANCH OF RELIGION: CHRISTIAN, LUTHERAN, MISSOURI SYNOD
- ▶ LEADER: BILL WEISS (SENIOR PASTOR), ONE CHANH KEOOUTHAI (LAOTIAN PASTOR) & SIMON YIECH (SUDANESE PASTOR)
- ▶ CONTACT INFORMATION
  - ▶ (515) 279-3609
  - ▶ Trinitylcdesmoines.org
  - ▶ pastorbilltrinity@gmail.com

### HOURS

Sunday School	Sunday 8:45 AM
Bible Study	Sunday 8:45AM
Lao Service	Sunday 10:00AM
Communion	Sunday 10:00AM (1st & 3rd Sunday)
Sudanese Service in Nuer	Sunday 11:30AM

### DRESS CODE

Dress in semi-formal attire.





## True Bible Baptist Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4101 Amherst St  
Des Moines, IA 50313
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: ROD BRADLEY
- ▶ CONTACT INFORMATION
  - ▶ (515) 243-8227
  - ▶ tbbchurch.org
  - ▶ offi\_e@tbbchurch.org

## Valley United Methodist Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4201 Ashworth Rd  
West Des Moines, IA 50265
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: JEREMY POLAND
- ▶ CONTACT INFORMATION
  - ▶ (515) 225-8128
  - ▶ valleyumc.org

## Unity Evangelical Lutheran Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 1450 E 33rd Street  
Des Moines, IA 50317
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR DONNA ELIZABETH JOSEPH & PASTOR DIANE JOSEPH
- ▶ CONTACT INFORMATION
  - ▶ (515) 266-3222
  - ▶ unityevlutheran@centurylink.net

## Westchester Evangelical Free Church



### CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4919 Aurora Ave  
Des Moines, IA 50310
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: CHUCK MULLIKIN (LEAD PASTOR)
- ▶ CONTACT INFORMATION
  - ▶ (515) 278-1615
  - ▶ westchestercares.org

### HOURS

Worship Service

Sunday 8:15AM &amp; 10:45AM



# Westminster Presbyterian Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4114 Allison Ave  
Des Moines, IA 50310
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: SENIOR PASTOR SCOTT PACZKOWSKI
- ▶ CONTACT INFORMATION
  - ▶ (515) 274-1534
  - ▶ westpres.org
  - ▶ lsherlock@westpres.org



## HOURS

Worship Service Sunday 9:15AM  
(Communion 1st Sunday of the month)

## DRESS CODE

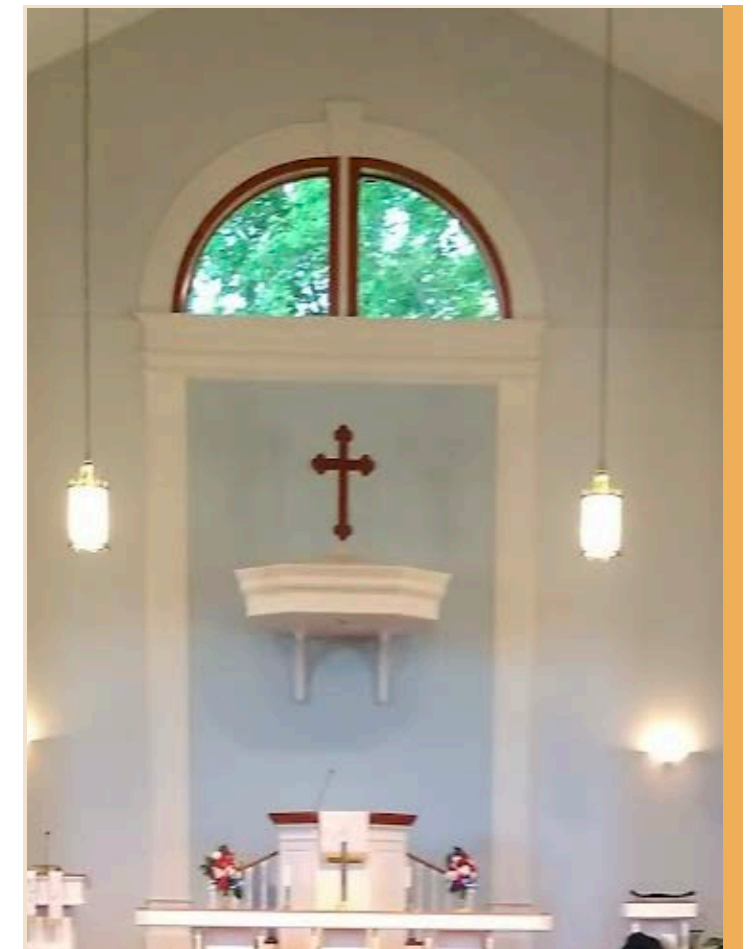
No dress code required.

# Westkirk Presbyterian Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 2700 Colby Woods Dr  
Urbandale, Iowa 50322
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: PASTOR MICHAEL MUDLAFF
- ▶ CONTACT INFORMATION
  - ▶ 515-253-0330
  - ▶ westkirk@westkirk.org



## HOURS

Sunday Mornings  
9am- traditional service  
10:15am- All Ages Sunday School  
11:15am- non-traditional service

## DRESS CODE

Business casual



# West Des Moines Christian Church



## CHRISTIAN CHURCH

### ► LOCATION

- 4501 Mills Civic Pkwy  
West Des Moines, IA 50265

### ► LANGUAGE: ENGLISH

### ► BRANCH OF RELIGION: PROTESTANT CHRISTIANITY

► LEADER: REVEREND DR. RANDY EHRHARDT, REVEREND MARK EHRHARDT, REVEREND LUKE EHRHARDT, REVEREND ALICE BOLEN

### ► CONTACT INFORMATION

- (515) 223-1639
- [www.wdmcc.org](http://www.wdmcc.org)
- [wdmcc@wdmcc.org](mailto:wdmcc@wdmcc.org)



## HOURS

Worship Service Sunday 8:30AM & 10:30AM

## DRESS CODE

No dress code required.

# West Des Moines United Methodist Church

## CHRISTIAN CHURCH

### ► LOCATION

- 720 Grand Ave  
West Des Moines, IA 50265

### ► LANGUAGE: ENGLISH

### ► BRANCH OF RELIGION: PROTESTANT CHRISTIANITY

► LEADER: REVEREND CINDY HICKMAN (SENIOR PASTOR), REVEREND TREVOR VAUGHN (ASSOCIATE PASTOR)

### ► CONTACT INFORMATION

- (515) 279-0826
- [wdmumc.org](http://wdmumc.org)

## HOURS

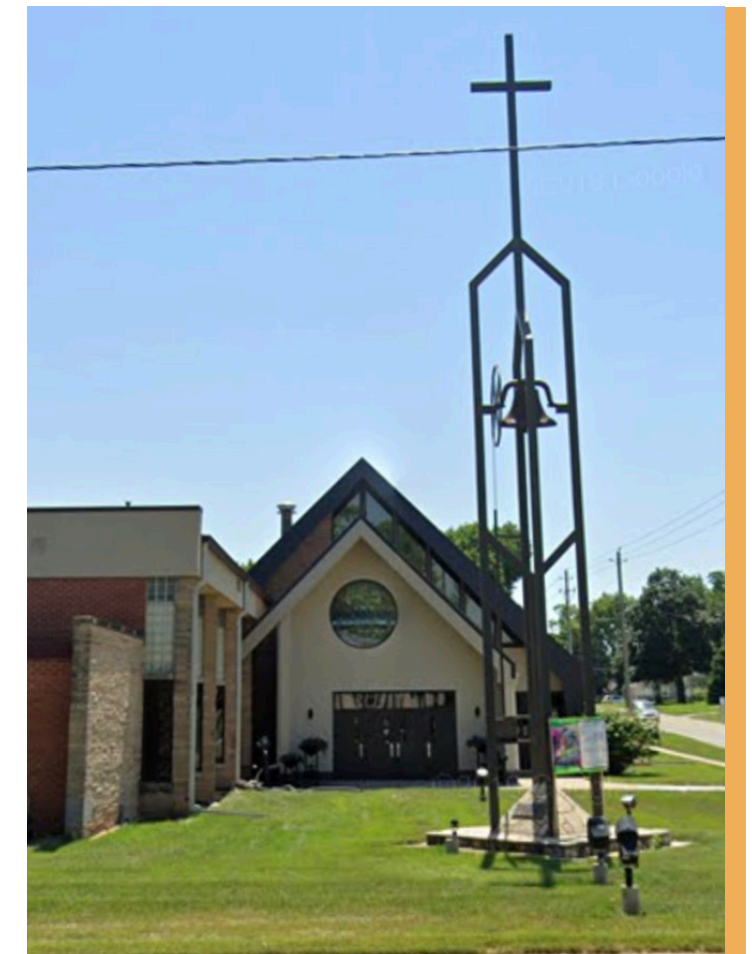
Traditional Service	Sunday 8:00AM
Blended Service	Sunday 9:30AM
Casual Service	Sunday 11:00AM

## DRESS CODE

Dress according to the service attended.

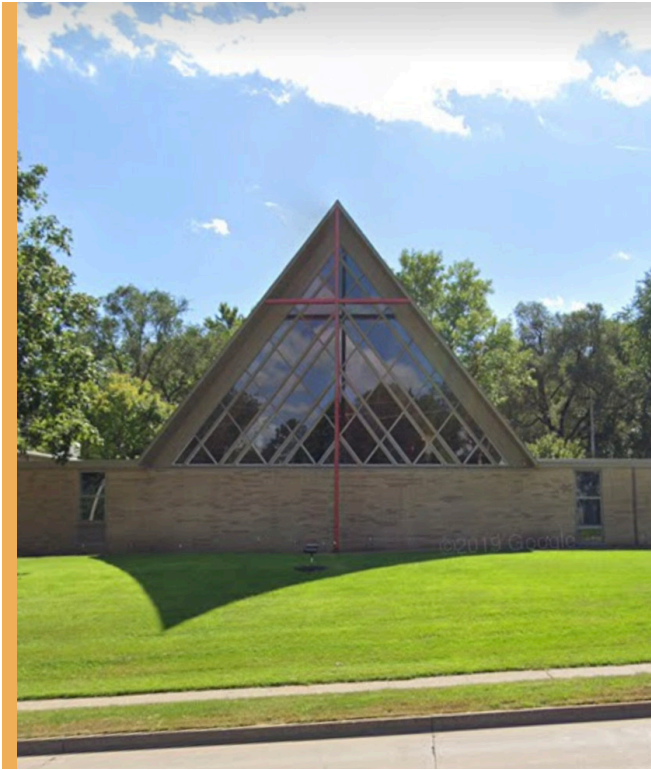
## COMMUNITY ETIQUETTE

- Some people come dressed in jeans and t-shirts while others come dressed in business casual. If you prefer to wear a tie or a dress, that's fine too.
- Parking is available on the south and east sides of the church building. Enter on the lower level (1). If you're looking for the sanctuary, take the stairs or elevator to the 2nd floor, and follow the signs. Additional parking is available on weekends at the Hillside Elementary School lot directly south of the church.
- United Methodists and West Des Moines United Methodist Church practice open Communion. Everyone is welcome to partake. Communion is offered the first Sunday of each month at both services.
- Children are welcome at both services. A Nursery is provided for children ages 0 – 4 in Room 209 from 7:45AM until 12:00PM. Children's Sunday School is from 9:30AM until 10:30AM for ages pre-K through 6th Grade. Youth (7th-12th grade) are encouraged to live out their discipleship by helping in elementary classrooms on Sunday mornings. Adult Sunday School is from 9:30AM until 10:30AM.





# Windsor United Methodist Church



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 6222 University Ave  
Des Moines, IA 50311
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: REVEREND DR MATTHEW MILLER
- ▶ CONTACT INFORMATION
  - ▶ (515) 279-3629
  - ▶ windsorumc.weebly.com
  - ▶ windsor.desmoines@gmail.com



## COMMUNITY ETIQUETTE

- First Sundays are communion services.
- Children and adults are welcome in worship services and communion services.

## HOURS

Worship Services Sunday 9:30AM

## DRESS CODE

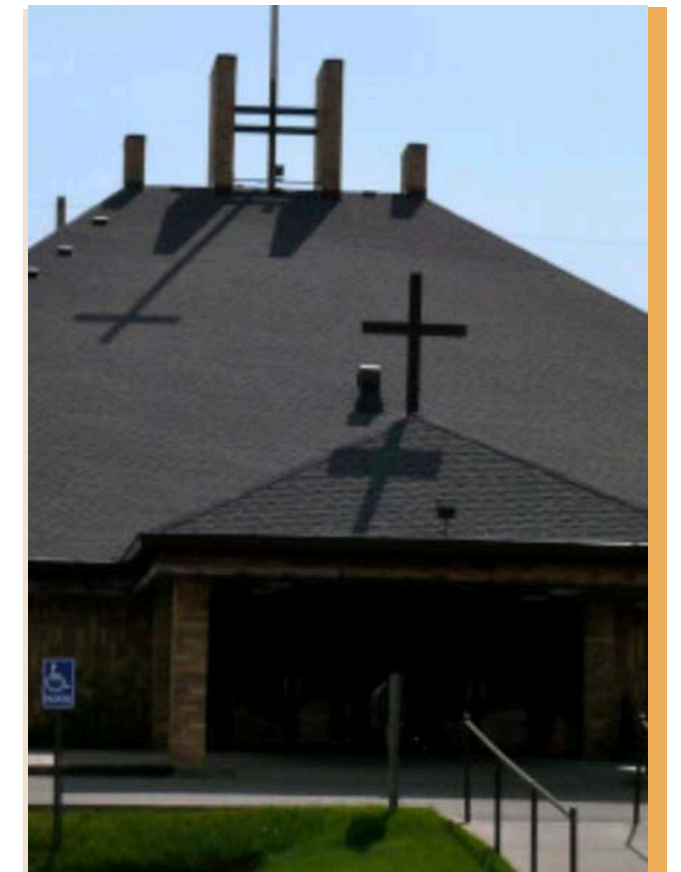
Dress modestly in "Sunday Best."

# Zion Evangelical Lutheran



## CHRISTIAN CHURCH

- ▶ LOCATION
  - ▶ 4300 Beaver Ave  
Des Moines, IA 50310"
- ▶ LANGUAGE: ENGLISH, SWAHILI, MIZO
- ▶ BRANCH OF RELIGION: PROTESTANT CHRISTIANITY
- ▶ LEADER: MIZO COMMUNITY PASTOR: VAN LAL RINGA, SWAHILI WORSHIP LEADER: BOAZ N KINGI  
ZION LEAD PASTOR: JOHN KLINE
- ▶ CONTACT INFORMATION
  - ▶ 515-270-8142
  - ▶ ziondsm.org
  - ▶ mainoffice@ziondsm.org



## HOURS

English Service- Sundays at 9am and 10:30am  
Swahili Service- Sundays at 11am  
Mizo Service- Sundays at 1:30pm

No dress code required.



# Hindu Cultural and Educational Center



## HINDU TEMPLE

- ▶ LOCATION
  - ▶ 2513 E Porter Ave  
Des Moines, IA 50324
- ▶ BRANCH OF RELIGION: HINDUISM
- ▶ LEADER: TANKA DHITAL
- ▶ CONTACT INFORMATION
  - ▶ (515) 505-5538
  - ▶ <https://hcec-iowa.org/>
  - ▶ [contactus@hcec-iowa.org](mailto:contactus@hcec-iowa.org)

## SUMMARY

HCEC currently holds weekly bhajan services in the basements of its members (usually around the Easter Lake area). These services consist of singing and dancing, followed by aarti and prashad.



## COMMUNITY ETIQUETTE

- Dress modestly.
- Remove shoes before entering the house.
- Do not point outstretched feet toward the altar/deity or toward priests.
- Musicians will play the bhajans while one person sings and 2-4 people dance. You are welcome to dance, though might want to wait until invited. At the end of the service, everyone will dance.

## HOURS

Bahan Service                      Saturday 6:00PM

## DRESS CODE

Dress modestly.

# Hindu Temple and Cultural Center



## HINDU TEMPLE

- ▶ LOCATION
  - ▶ 33916 155th Lane  
Madrid, IA 50156
- ▶ BRANCH OF RELIGION: HINDUISM
- ▶ LEADER: DR. KHIMANAND UPRETI (SHAIVITE PRIEST); PT. VASUDEVAKUMAR NARAYANAM (VAISHNAVITE PRIEST)
- ▶ CONTACT INFORMATION
  - ▶ (515) 795-2635
  - ▶ <http://www.iowatemple.org/>
  - ▶ [admin@htcciowa.org](mailto:admin@htcciowa.org)

## HOURS

Sri Vishnu Parayanam	Daily 9:00 AM (1st Sat of Month - 8:00 AM)
Shiva/Rudra Abhishekam	Monday 6:45PM
Lakshmi Pooja	Friday 6:45PM
Balaji Abhishekam	1st Saturdays 10:00AM
Ganesha Abhishekam	2nd Saturdays 10:30AM
Parvati Abhishekam	3rd Saturdays 10:30AM
Karthikeya Abhishekam	4rd Saturdays 10:30AM
Durga Pooja	5th Saturdays 10:30AM
Bhagavad Geetha	1st Sundays 10:30AM
Satyanarayana Pooja	2nd Sundays 10:30AM
Navagraha Abhishekam	3rd Sundays 10:30AM
Sundarakanda Patan	4th Sundays 10:30AM
Ram Parivar Pooja	5th Sundays 10:30AM

## DRESS CODE

Dress modestly.

## COMMUNITY ETIQUETTE

- Dress modestly
- Remove shoes upon entering the temple
- Do not point outstretched legs toward the images of the deities or the priests
- Do not take photographs in the main worship hall.
- The temple hosts a variety of services; most, however, come to worship the deities outside of scheduled activities.
- It is traditional to walk around the main worship hall in clockwise motion, keeping the main deity (Balaji) on your right side.
- Wait until invited to dance, at the end of the service everyone will dance





## Sathya Sai Center of Ames and Des Moines



### COMMUNITY ETIQUETTE

- Dress modestly; no jeans or shorts. Remove shoes before entering. Seating is available on the floor or in chairs. Men and women sit on opposite sides of the room. Discipline and silence are given utmost importance in all programs and activities.
- The Sai Center conducts weekly devotional and educational meetings at a designated place (usually the address above—but check the website or reach out to the contact to be sure). Singers offer multi-faith songs as an offering of worship to the universal consciousness. The spiritual study circle is centered around reading and contemplation of the spiritual teachings of the founder, Shri Sathya Sai Baba.

### HOURS

Bhajan Services	Saturday 5:30-6:30PM
Study Circles	Saturday 3:30-5:00PM

### DRESS CODE

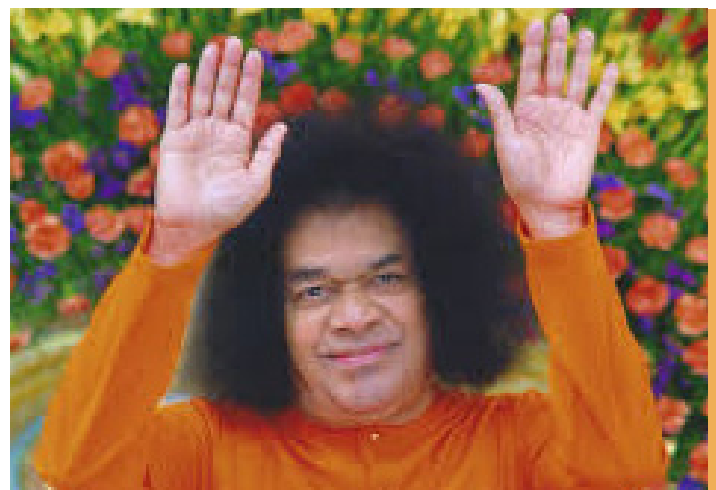
Women should be covered wrists to ankles and should cover their heads with scarves. No shorts. Be prepared to remove shoes upon arrival.

### HINDU TEMPLE

- ▶ LOCATION
  - ▶ 66th Ct
  - West Des Moines, IA 50266 (Home of contact)
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: HINDUISM / SAI BABA
- ▶ LEADER: SRI CHEVURU
- ▶ CONTACT INFORMATION
  - ▶ (515) 528-6318
  - ▶ [www.sathyasai.org/](http://www.sathyasai.org/)
  - ▶ [sri-chevuru@sathyasaicenters.org](mailto:sri-chevuru@sathyasaicenters.org)

### SUMMARY

· Sathya Sai Center conducts devotional and educational programs, as also performs service in the local community. No donations solicited in any of the programs or activities. Please refer to the website for the programs and activities. The organization rests on the foundation of the universality of all religion and brotherhood of mankind. The organization follows the teachings of the founder Shri Sathya Sai Baba. Two main examples of His teachings are “Love All Serve All” and “Help Ever And Hurt Never.”



## Bosnian Islamic Center ZemZem

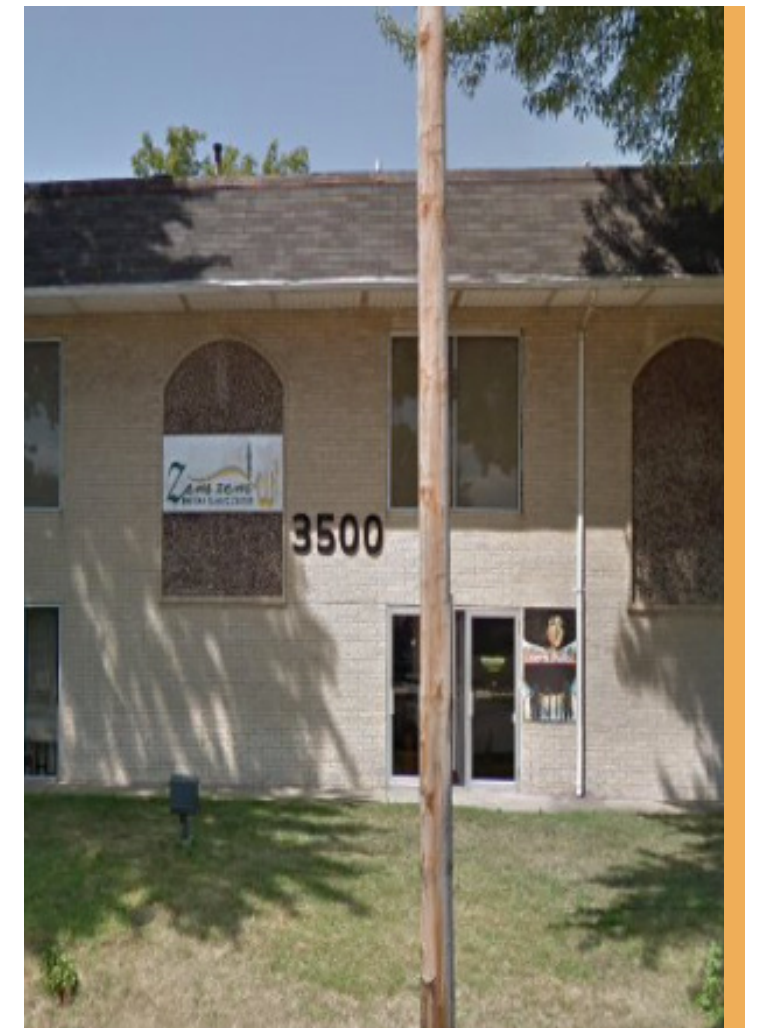


### ISLAMIC CENTER

- ▶ LOCATION
  - ▶ 3500 2nd Ave
  - Des Moines, IA 50313
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ISLAM
- ▶ LEADER: IMAM ENES
- ▶ CONTACT INFORMATION
  - ▶ (515) 707-3804

### COMMUNITY ETIQUETTE

- Women should be covered to wrists and ankles, and should also cover their heads/hair with a scarf.
- Men should not wear shorts.
- All should be prepared to remove their shoes upon entering.
- Women sit separately from men during services
- Only men usually attend the community prayer on Friday (Jumu'ah). The imam will first give a sermon (khutbah) in Bosnian of approximately 20 minutes. After that, there will be a call to prayer, then the community will pray. Please move in back of people praying when the prayer begins. Do not get in between someone who is praying and the mihrab toward which they are praying (which points the direction to Mecca).
- In some mosques, men and women do not touch. Be mindful not to extend your hand (to shake hands) with a member of the opposite sex; however, if a member of the opposite sex extends their hand to you (to shake hands), then it is okay to shake hands.





## Bosniak Es-Salem Mosque



### ISLAMIC MOSQUE

- ▶ LOCATION
  - ▶ 17630 Bosniak Lane  
Granger, Iowa 50109
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ISLAM
- ▶ LEADER: IMAM NERMIN SPAHIC
- ▶ CONTACT INFORMATION
  - ▶ (515) 864-9221
  - ▶ [www.ikcbosnjak.com](http://www.ikcbosnjak.com)
  - ▶ [www.ikcbosnjak.com/contact/](http://www.ikcbosnjak.com/contact/)

### HOURS

For specific times, consult an online prayer-time guide for the times of the five daily prayers.



### COMMUNITY ETIQUETTE

- Women should be covered to wrists and ankles, and should also cover their heads/hair with a scarf.
- Men should not wear shorts.
- All should be prepared to remove their shoes upon entering.
- Women sit separately from men during services
- Only men usually attend the community prayer on Friday (Jumu'ah). The imam will first give a sermon (khutbah) in Bosnian of approximately 20 minutes. After that, there will be a call to prayer, then the community will pray. Please move in back of people praying when the prayer begins. Do not get in between someone who is praying and the mihrab toward which they are praying (which points the direction to Mecca).
- In some mosques, men and women do not touch. Be mindful not to extend your hand (to shake hands) with a member of the opposite sex; however, if a member of the opposite sex extends their hand to you (to shake hands), then it is okay to shake hands..

## Ezan Islamic and Education Center



### BOSNIAN ISLAMIC COMMUNITY

- ▶ LOCATION
  - ▶ 6202 Douglas Avenue  
Des Moines, IA 50322
- ▶ LANGUAGE: ARABIC & BOSNIAN
- ▶ BRANCH OF RELIGION: ISLAM
- ▶ LEADER: IMAM NIJAZ VALJEVIC
- ▶ CONTACT INFORMATION
  - ▶ (515) 441-2114
  - ▶ [www.facebook.com/ICEzanDSM](http://www.facebook.com/ICEzanDSM)
  - ▶ [nijaz\\_va@hotmail.com](mailto:nijaz_va@hotmail.com)

### HOURS

For specific times, consult an online prayer-time guide for the times of the five daily prayers.

### COMMUNITY ETIQUETTE

- Women should be covered to wrists and ankles, and should also cover their heads/hair with a scarf.
- Men should not wear shorts.
- All should be prepared to remove their shoes upon entering.
- Women sit separately from men during services
- Only men usually attend the community prayer on Friday (Jumu'ah). The imam will first give a sermon (khutbah) in Bosnian of approximately 20 minutes. After that, there will be a call to prayer, then the community will pray. Please move in back of people praying when the prayer begins. Do not get in between someone who is praying and the mihrab toward which they are praying (which points the direction to Mecca).
- In some mosques, men and women do not touch. Be mindful not to extend your hand (to shake hands) with a member of the opposite sex; however, if a member of the opposite sex extends their hand to you (to shake hands), then it is okay to shake hands..





# Islamic Center of Des Moines



## ISLAMIC CENTER

- ▶ LOCATION
  - ▶ 6201 Franklin Avenue  
Des Moines, IA 50322
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: ISLAM
- ▶ LEADER: IMAM YOUNES ALI YOUNES
- ▶ CONTACT INFORMATION
  - ▶ (515) 255-0212
  - ▶ [www.islamiccenterdm.com](http://www.islamiccenterdm.com)
  - ▶ [icdm.support@gmail.com](mailto:icdm.support@gmail.com)

## HOURS

For specific times, consult an online prayer-time guide for the times of the five daily prayers.



## COMMUNITY ETIQUETTE

- Women should be covered to wrists and ankles, and should also cover their heads/hair with a scarf.
- Men should not wear shorts.
- All should be prepared to remove their shoes upon entering.
- Women sit separately from men during services
- Only men usually attend the community prayer on Friday (Jumu'ah). The imam will first give a sermon (khutbah) in Bosnian of approximately 20 minutes. After that, there will be a call to prayer, then the community will pray. Please move in back of people praying when the prayer begins. Do not get in between someone who is praying and the mihrab toward which they are praying (which points the direction to Mecca).
- In some mosques, men and women do not touch. Be mindful not to extend your hand (to shake hands) with a member of the opposite sex; however, if a member of the opposite sex extends their hand to you (to shake hands), then it is okay to shake hands.

# Masjid An-Noor



## MUSLIM COMMUNITY

- ▶ LOCATION
  - ▶ 1117 42nd St  
Des Moines, IA 50311
- ▶ BRANCH OF RELIGION: ISLAM
- ▶ LEADER: MUHAMMAD KHAN
- ▶ CONTACT INFORMATION
  - ▶ (515) 274-4626
  - ▶ <https://dmmco.org/>
  - ▶ [information@dmmco.org](mailto:information@dmmco.org)

## HOURS

Jumah Prayer                      Friday 12:30PM (Winter Months)  
(During Daylight Savings Time 1:30PM)

For specific times, consult an online prayer-time guide for the times of the five daily prayers.



## COMMUNITY ETIQUETTE

- Women should cover from their wrists to ankles, including a scarf to cover hair/head
- Men should not wear shorts
- All should be prepared to remove shoes upon entering
- Women and men do not sit together, the entrance for the women's section is up the stairs and straight ahead while the men will turn right at the top of the stairs.
- For the community prayer on Friday (Jumu'ah), the imam will first give a sermon (khutbah) of approximately 20 minutes. After that, there will be a call to prayer, then the community will pray. Please move in back of people praying when the prayer begins.
- Do not get in between someone who is praying and the mihrab toward which they are praying (which points the direction to Mecca).
- In some mosques, women and men don't touch. Refrain from extending your hand to the opposite sex, unless they extend first to shake your hand.











# Maccabee's Kosher Deli



## COMMUNITY ETIQUETTE

- If you wish, bring \$5-10 to purchase products
- Be prepared to talk with the owner, Rabbi Jacobson, a Chabad Rabbi.
- Note that there is also a Torah Center on this property.
- Also note that the owner, Rabbi Jabobsen, also runs an orthodox synagogue in his house.

## HOURS

Monday Closed  
 Tuesday 11:00AM-5:00PM  
 Wednesday 11:00AM-6:00PM  
 Thursday 11:00AM-6:00PM  
 Friday 10:00AM-2:30PM  
 Saturday Closed  
 Sunday 11:00AM-4:00PM

## JEWISH DELI

- ▶ LOCATION
  - ▶ 1150 Polk Boulevard  
Des Moines, IA 50311
- ▶ LANGUAGE: HEBREW, YIDDISH & ENGLISH
- ▶ BRANCH OF RELIGION: CHABAD JUDAISM
- ▶ LEADER: RABBI YOSSI JACOBSON
- ▶ CONTACT INFORMATION
  - ▶ (515) 633-7772
  - ▶ [www.macabeeskosherdeli.com/](http://www.macabeeskosherdeli.com/)



# Tifereth Israel Synagogue



## JEWISH SYNAGOGUE

- ▶ LOCATION
  - ▶ 924 Polk Boulevard  
Des Moines, IA 50311
- ▶ LANGUAGE: HEBREW & ENGLISH
- ▶ BRANCH OF RELIGION: CONSERVATIVE JUDIASM
- ▶ LEADER: RABBI EMILY BARTON
- ▶ CONTACT INFORMATION
  - ▶ (515) 255-1137
  - ▶ [ce@tifereth.org](mailto:ce@tifereth.org)
  - ▶ <http://tifereth.org>

## COMMUNITY ETIQUETTE

- Be prepared to talk the members of the congregation as you walk in
- Follow along in the prayer books, while the service is sung in Hebrew, the books are in written in English
- Out of respect for the tradition, men are asked to wear the Kippah's (there is a bin of these "hats" by the front door), women can choose to wear one too
- Be ready to be asked to read an english prayer, they like to involve newcomers.

## HOURS

Shabbat Service, followed by Kiddish  
 Friday 6:00PM  
 Shabbat Service, followed by Shabbat Cafe  
 Saturday 9:30AM  
 Minyan Service  
 Tuesday 7:15AM

## DRESS CODE

Business-casual. Men; polos and a dress shirt.  
 Ladies; cover shoulders, nice dress or shirt.

## SUMMARY

There are many different opportunities to participate at Tifereth beyond services: STEP torah educations (Sunday, 10:00AM), Minchah Meditation and Study Group (Saturday, 12:30PM), Miller introduction to Judaism (Sunday, 1:00PM), Adult Hebrew (Sunday, 3:00pm), Jewish Women's Book Group, Confirmation Class, Tifereth Art Club, Torah Reader's Club (Sundays, 4:00PM), Tifereth Israel's Women League, Des Moines Tribe, Interfaith Outreach and Erev Nashim.





# Temple B'nai Jeshurun



## COMMUNITY ETIQUETTE

- Temple B'nai Jeshurun, founded in 1873, was the first Jewish congregation to be established in Des Moines. Orthodox in observance at first, the congregation soon became a charter member of the Union of American Hebrew Congregations, becoming the first Reform congregation in Iowa. B'nai Jeshurun means "children of righteousness." It is a poetic name for the Jewish people, often used in the Bible to designate the ideal character of Israel.
- The Temple still holds to the goals of its founders: to maintain a synagogue as a center of worship, religious education and communal gathering; to foster a "living Judaism" not only in the Temple, but also in the homes and lives of its members and their families; and to adjust the teachings and practices of old to the needs of each new generation of American Jews.
- Rich in years and distinguished in history, Temple B'nai Jeshurun maintains its dedication to the highest ideal of Judaism and to the strengthening and survival of the Jewish people.

## JEWISH TEMPLE

- ▶ LOCATION
  - ▶ 5101 Grand Avenue  
Des Moines, IA 50312
- ▶ LANGUAGES: HEBREW & ENGLISH
- ▶ BRANCH OF RELIGION: REFORMED JUDAISM
- ▶ CONTACT INFORMATION
  - ▶ (515) 244-4679
  - ▶ <https://templebnaijeshurun.org/>
  - ▶ [rabbi@templebnaijeshurun.com](mailto:rabbi@templebnaijeshurun.com)

## HOURS

Shabbot Service      Friday 6:00PM, Saturday 10:00AM

## DRESS CODE

Dress casual, men wear head covering (Kippah), optional for women.



# Sikhs of Iowa Khalsa Heritage, Inc.



## SIKH TEMPLE

- ▶ LOCATION
  - ▶ 4820 NW 59th St.  
Johnston, IA 50131
- ▶ LANGUAGE: ENGLISH & PUNJABI
- ▶ CONTACT INFORMATION
  - ▶ <https://www.sikhinc.org/wordpress/>
  - ▶ [iowasikhs@sikhinc.org](mailto:iowasikhs@sikhinc.org)

## HOURS

Sunday	
Gurudwara Open To Visitors	11:00AM-2:00PM
Kirtan Musical Holy Verse	11:30AM
Anand Sahib and Aardas	12:30PM
Langer, Free Community Meal	1:00PM

## DRESS CODE

No shorts, capris, tank tops, t-shirts, or other tight/revealing attire. Both men and women are expected to cover their heads upon entry- you can either bring your own head covering, or use one of the articles provided near the shoe deposit.

## COMMUNITY ETIQUETTE

- Remove your shoes upon entering the Gurudwara and place them in the provided shelving- you can keep socks on!
- Silence your phone before entering the Gurudwara, but it's okay to take photos and utilize your cellphone during service
- Accept offering of parshad (a pudding-esque mixture of wheat flour, butter, and sugar), seen as a sacred delicacy
- Enjoy the free Langar meal with the community after worship services conclude. The langar hall is in the basement, and is traditional vegetarian Indian cuisine
- Sit on the floor of the sanctum; women to the right and men to the left. Seating for the disabled is provided
- Do not point your feet toward or turn your back to the Guru Granth Sahib (the holy book at the center of the sanctum)
- Do not leave the worship hall during moments of prayer (usually done while standing)
- Do not be intimidated by the prominence of Punjabi (the language spoken at the Gurudwara). Most members speak english, and a projector usually provides translation of song and scripture





# Iowa Sikh Association



## SIKH TEMPLE

- ▶ LOCATION
  - ▶ 1115 Walnut Street  
Des Moines, IA 50265
- ▶ BRANCH OF RELIGION: SIKHISM
- ▶ LEADER: GIANI CHANDANPAL SINGH JI
- ▶ CONTACT INFORMATION
  - ▶ (515) 255-5755
  - ▶ <http://iowasikhassociation.org/>
  - ▶ [contact@iowasikhassociation.org](mailto:contact@iowasikhassociation.org)

## COMMUNITY ETIQUETTE

- Remove shoes upon entering temple
- Both men and women will need to cover their heads, kerchiefs are provided
- If sitting, don't point the heels of outstretched legs toward holy objects or people, and try not to turn your back to the holy book
- Expect singing, prayers, teachings, and shared meals



## HOURS

Services	(Daily) 6:00AM, 8:30AM
Sunday Deewan	11:30AM

## DRESS CODE

You will take your shoes off at the door, but socks are not required. Women should wear a headscarf of some kind and men will be given a bandana to wear upon arrival.

# Iowa Atheists and Freethinkers



## SECULAR ORGANIZATION

- ▶ LOCATION
  - ▶ Varies
- ▶ LANGUAGE: ENGLISH
- ▶ BRANCH OF RELIGION: SECULAR ORGANIZATION/OTHER
- ▶ LEADER: PRESIDENT COREY GILLESPIE
- ▶ CONTACT INFORMATION
  - ▶ [www.iowaatheists.org/](http://www.iowaatheists.org/)
  - ▶ [info@iowaatheists.org](mailto:info@iowaatheists.org)

## MEETING TIMES

Sunday 12:00PM (Tavern Pizza & Pasta Grill  
1755 50th St · West Des Moines, IA)

## DRESS CODE

No dress code required.

## COMMUNITY ETIQUETTE

- Pay for membership
- Donations fund activities
- Be open-minded about atheism
- Expect to be asked to volunteer

## SUMMARY

Iowa Atheists and Freethinkers, Inc. (IAF) is a non-profit social and educational group dedicated to supporting local atheists, freethinkers, secular humanists, agnostics, and other non-religious people. IAF is a warm and welcoming community of humanists, atheists, agnostics, freethinkers, and non-theists of all types.





# First Unitarian Church of Des Moines

## & Two Affiliate Groups: Covenant of Unitarian Universalist Pagans (Sacred Bridges Branch) & Humanist Society of Iowa



### SUMMARY

The First Unitarian Church of Des Moines (UCDSM) is an inclusive religious community that encompasses people of all ages and identities from across central Iowa. In addition to Sunday services, religious education for the youth and special events for the church community are provided. Their basic principles are a reverence for life, a respect for the inherent dignity of each person, and a belief in human potential. The shared covenant supports “the free and responsible search for truth and meaning,” through their seven principles: shared experience, open and stirring worship services, religious education, rites of passage, social justice work, the quest to include the marginalized, and their expressions of love. Here you can find a welcoming community that hosts a vibrant group of religious seekers looking to increase opportunities for life enrichment, spiritual growth, and social justice. They encourage you to visit their website or come to a service to learn more.

### SECULAR ORGANIZATION

#### ► LOCATION

- 1800 Bell Ave  
Des Moines, IA 50315

#### ► LEADER: REVEREND AMY PETRIE SHAW

#### ► CONTACT INFORMATION

- (515) 244-8603
- <http://ucdsm.org/>
- [hello@ucdsm.org](mailto:hello@ucdsm.org)

### COMMUNITY ETIQUETTE

- Attire varies according to how attendees choose to dress, but it is regarded as an informal congregation
- Children are encouraged to dress casual as they may participate in arts and crafts/outdoor activities
- Inclusive church that welcomes all perspectives and questions
- You should bring your whole self: your full identity, your questioning mind, and your expansive heart

### HOURS

Service	Sunday 10:00AM
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### DRESS CODE

No dress code required.

# Covenant of Unitarian Universalist Pagans (Sacred Bridges Branch)

### COMMUNITY ETIQUETTE

- No set rules, no dress code, and no book of worship
- Come with an open mind and heart is all that is needed
- Be aware many of the members are ‘closeted’ (haven’t shared their practice with others)
- Private members that don’t want photos or others knowing they were there
- Prepare to be asked to volunteer

### HOURS

Meetings held on 3rd Sunday of each month, Sabbats and monthly full moon rituals. Chapter participates in the congregational Earth Day service and in Pagan Pride. Chapter holds an annual educational event. See Facebook for more info.

#### ► LOCATION

- 1800 Bell Ave  
Des Moines, IA 50315

#### ► LEADER: REVEREND AMY PETRIE SHAW

#### ► CONTACT INFORMATION

- @SacredBridgesCUUPs

### SUMMARY

The Pagan religion is extremely fluid and diverse with respect to its interpretations of its practices, its lack of set rules or a book of worship, and the diversity of its honoring practice and other rituals. Still, several common themes are present in the Sacred Bridges branch, which identifies as an earth-centered spiritual group, where most of their practices revolve around nature and nature-related deities. Other common themes include the polytheism, in this case the worship of gods from Celtic, Egyptian, Greek, Norse, and Pagan roots, along with what is called The Devinei, which is a spirit that is in everyone and connects everyone.

# Humanist Society of Iowa

### SUMMARY

The Humanist Society is affiliated with the American Humanist Association sponsored by the First Unitarian Church. They refer to meetings as ‘book club’ where they discuss ideas and events. Humanists support a worldview in which reason and science are used to understand the world around us. Dignity and compassion should also be the basis of how you act towards others as Humanists affirm the dignity of every human being and assert that humanity is responsible for its own destiny.

#### ► LOCATION

- 1800 Bell Ave  
Des Moines, IA 50315

#### ► LEADER: AL POWERS

#### ► CONTACT INFORMATION

- [humanist@ucdsm.org](mailto:humanist@ucdsm.org)
- [americanhumanist.org](http://americanhumanist.org) (Association Page)



# Unity Church of Des Moines



## COMMUNITY ETIQUETTE

A handful of services and opportunities are available to get involved with Unity, they have all social media, published books, education opportunities, retreats, prayer

## HOURS

Sunday services as well as weekly activities, classes, and groups are offered

## DRESS CODE

No specified dress code.

## UNAFFILIATED CHURCH

### ► LOCATION

► 414 31st St  
Des Moines, IA 50312

### ► LANGUAGE: ENGLISH

► LEADER: MINISTER/REVEREND CYNTHIA LEVEQUE

### ► CONTACT INFORMATION

► (515) 255-7757  
► <https://www.unitydesmoines.com/>  
► [unitydesmoines@aol.com](mailto:unitydesmoines@aol.com)

## SUMMARY

"We welcome all people in dignity and with love. If you are looking for an accepting community and a positive alternative to negative religious experience, we hope you feel at home at Unity of Des Moines. We take a positive approach to life, emphasizing the good in people and all of life's situations. Located on 31st Street just south of Grand, we invite you to Sunday service and to our many weekly activities, classes and groups. At our Sunday morning service you will find a thought-provoking message to spark your intellect, joy filled music to awaken your heart and a time of meditation to renew your soul, all of it woven through with humor and good nature. People from all walks of life and all religious traditions are invited to join us. As a congregation, we honor each person and the spiritual path which they follow."

