



Dubuque, Iowa

Need Help?

St. John's can do a few things for you:

1. Pray. Share your concern and we will pray for your situation on a regular basis.
2. Connect. Join us for a service you can connect to a supportive group of people.
3. Counsel. Our pastor is available for short-term counseling and spiritual direction.
4. Food. We have a small food pantry that is available.
5. Refer. We have connections with many of the differences helping agencies in town and can help you reach out to the right person. We've seen many people helped by pointing them in the right direction.

To explore these options call us at 1-563-556-0252 or email office@stjohnsdbq.org

The Prayer of St. Francis

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; And where there is sadness, joy. O Divine Master, grant that I may Not so much seek to be consoled as to console; To be understood, as to understand; To be loved, as to love; For it is in giving that we receive; And it's in pardoning that we are pardoned; And it's in dying that we are born to Eternal Life; Amen

The Serenity Prayer

God grant me the Serenity to accept the things I cannot change,
The courage to change the things I can, and
The wisdom to know the difference. AMEN.

Some Helping Resources in Dubuque

ADDICTION

For a listing of local support groups: <https://www.dubuqueaa.org/aa>

FREE MEAL SITES

- Breakfast: Sunday-Saturday, 7:30am. DBQ Rescue Mission. 398 Main Street.
- Lunch: Monday-Saturday, 11:30am. DBQ Rescue Mission.
Every 5th Sunday, 12noon. St. John's Episcopal Church.
- Dinner: Monday, Tuesday, Friday, 5:00pm. DBQ Rescue Mission.
Sunday, Monday, 6:00pm. Hope House. 1592 Locust Street.
Wednesday, 5:00pm. St. Patrick's Catholic Church. 1425 Iowa Street.
Thursday, 5:30pm. First Congregational UCC. 225 West 10th Street.
Saturday, 5:30pm. St. Luke's United Methodist. 1199 Main Street

FURNITURE and HOUSEHOLD

- Open Closet at Almost Home (863-495-0885). 1276 Main Street.
1st and 3rd Saturdays of the month or by referral. St. John's can refer.

MENTAL HEALTH

- National Alliance for Mental Health (563-557-6264). 900 Jackson Street. Suite LL5-2B
Help with mental health (anxiety, depression)
- Riverview Services. (563-557-0310). 1789 Elm Street.
24 hours crisis intervention for survivors of sexual assault
- Hospice of Dubuque. (563-582-1220). 1670 JFK Road.
Care for the terminally ill, but also support groups for those grieving.
- LGBTQ+ via Multicultural Family Center. (563-582-3681). 563-582-3681
Support groups for youth, families, allies

TRANSPORTATION

- DuRide. (563-451-4999). 2727 Asbury Road, Suite 330.
Provides safe and personalized transport for seniors