



INSPIRATION

Sound healing practitioner Julie Good holds a metal bowl, tuned to play a specific frequency when struck, as she leads a sound healing session on Aug. 31 at Grace Lutheran Church in Des Moines. CODY SCANLAN/THE REGISTER

Spirituality growth for all at Grace Lutheran

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Inside the dimly lit room, sound healing practitioner Julie Good begins her session with telling the nine attendees laying on their backs, some with blankets and eye masks, to set their intentions and begin breathing deeply.

She takes a small metal bowl in her hand and begins to walk around the room, stepping in between attendees to strike the bowl with a soft mallet and wave it from head to toe while the sound rings out. The serene music filling the room is occasionally broken by a contented sigh or a snore, but this is quickly drowned out by the sound of a gong or the reverberations of a singing bowl.

Good is leading a sound healing session, which is a meditation practice that utilizes various instruments to promote physical and spiritual well-being.

This session is unique, however, because it's not taking place at a meditation studio or a wellness retreat. It's being held in the basement of Grace Lutheran Church in Des Moines.

For the last two years, congregation members Julie Honsey and Joan Fumetti have been working to grow the church's Being New Spirituality Center, which aims to welcome any and all people, regardless of religious beliefs, to explore their own spiritual journey through various events.

In 2024, the center started off as a group Honsey got together to start reading a book on contemplative communities, which are groups focused on meditative prayer, silence and inner spiritual practices. From there, the group began holding meditative prayer sessions called centering prayer, and the center began to grow.

What started as a group of less than a dozen grew into hosting hundreds of different events, like speakers, centering prayer sessions and sound healing. In the latter half of 2025, the center held 135 events, drawing in nearly 2,000 attendees, Honsey



Sound healing practitioner Julie Good leads a sound healing session with a set of crystal bowls on Aug. 31 at Grace Lutheran Church in Des Moines. CODY SCANLAN/THE REGISTER

said.

Although the center is located inside a Lutheran church and practices like centering prayer are Christian in nature, Honsey and Fumetti said their events draw in people from diverse religious backgrounds and even people who swore off ever stepping foot in a church ever again.

What the two friends love most about the center is its ability to help people on their spiritual journeys without feeling pressure to come join the congregation on Sundays. Fumetti said this open-minded mentality helps shed the negative connotations some may hold about religion and helps create a spiritual space without judgment.

"We're spiritual beings. And there are a lot of people who have been really wounded by the church or, for whatever reason, are bored, or it's just not a fit. And yet there's this piece of them," Fumetti said. "And the

more that piece of all of us gets developed, that's where peace in the world can be rooted when we have that in ourselves."

Now, the center is working on its next new addition: a collection of interfaith books held in a new library space. The center happened upon the collection of books from a monastery that was closing and donated them. This seemingly random opportunity to grow the center is a regular occurrence, Honsey said, which feels like some sort of divine intervention.

"You know, it's hard to say God, the Holy Spirit, because we all see that differently — like I tend to see the spirit, the loving energy that creates," Honsey said. "So it's hard to use that word, but there you go. The Holy Spirit brought us together."

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