

# St. Paul Epistle—January 2014

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## A Message from Pastor Jenks

Our family would like to thank all of you for your many cards, gifts, and acts of kindness shared with us at Christmas. Thank you for all your special expressions of God's love.

One of my family's traditions is watching the "big ball" drop in New York City on New Year's Eve night. Have you ever watched the countdown? Have you seen the excitement of the crowd? Why is it that people get so excited about the New Year? Maybe it's because a New Year means a new beginning. New opportunities lie ahead. New doors wait to be opened. New adventures lie in store.

Did you know that with Christ every day in life is new? It's true. *"If anyone is in Christ, he is a new creation. The old has gone; behold, the new has come"* (2 Corinthians 5:17). Every day is a new beginning in Jesus.

At New Year's many people make resolutions about what they will do differently in the New Year. Our resolutions are often what Mary Poppins called "pie crust promises" – "easily made and easily broken." Through our power alone, our resolutions will fail again and again. Through Christ's power, however, we can persevere in changing our ways in this New Year.

Luther suggested we arise each day remembering our baptismal day. What a great way to remember where our lives were truly made new. What a great way to remember where we find the power to live in new ways. *"We were therefore buried with Him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life"* (Romans 6:4).

May the Lord who makes all things new bless you in this New Year as you live for Him. Out with the old, in with the new! In Christ it can and does come true! *"In His great mercy He has given us new birth into a living hope!"* (1 Peter 1:3a).

Your friend in Jesus, who is the Mediator of the New Covenant,  
Pastor Jenks

### Our Mission is:

- To Know Jesus Christ as Savior and Lord,
- To Grow in faith through His Sacraments and Word, and
- To Go share His Gospel with love in our community and world.

## *Worship Services at St. Paul Lutheran Church*

*Sunday, January 5*

*Epiphany of Our Lord*

*Holy Communion*

*8:30 & 11:00 a.m.*

*Sunday, January 12*

*8:30 & 11:00 a.m.*



*Sunday, January 19*

*Life Sunday*

*Holy Communion*

*8:30 & 11:00 a.m.*

*Sunday, January 26*

*8:30 & 11:00 a.m.*

### **Sunday Morning Adult Bible Study: Faith Lessons from the Holy Land**

January 5 we will launch our New Year of Sunday morning adult Bible study in the fellowship hall. In the New Year we will be taking advantage of the new technology recently acquired. Our winter (and spring) Sunday morning adult Bible studies will take us on further adventures to the Holy Land, via DVD viewing on the new big screen tv mounted on the wall in our fellowship hall. We will experience more fantastic faith lessons with historian, teacher and archaeologist Ray Vander Laan. Our studies will begin with a look at the land of Israel's fascinating truths surrounding the birth of Jesus. We will then travel back in time to learn of the power and pageantry of the land of Egypt, with its pharaohs and armies, where we will see God's might and magnificence displayed during His deliverance in the exodus. We will learn of Christ's perseverance and commitment during His acts of obedience and suffering. Our study will culminate in reflecting how the Passover and the events of Holy Week tie together, as we experience the wondrous jubilation of the resurrection. Vibrant film footage from the Holy Land, historical insights from Ray Vander Laan, and group discussion of the Scriptures will make this a memorable and moving time of learning.



**Lent will soon be here!** We are in need of someone to organize the Prayer Vigil on Holy Saturday, April 19, 2014. This does not require a lot of time to set up, but we do need someone to coordinate. Questions? Contact Chris Hand at 515-229-3072

## Winter Wednesday Morning Bible Study on the Gospel of Matthew

January 8 we will begin the New Year with a new Wednesday morning Bible study, which will meet each Wednesday from 10:30-11:30 a.m. This winter (and spring) we will explore the Gospel of Matthew. Matthew was the tax collector who was one of Christ's closest followers. In his Gospel the apostle Matthew seeks to show the Jews that Jesus is indeed the Messiah, whose life and ministry fulfill all of the Old Testament Scriptures and prophecies. Although all four Gospels detail events in the ministry of Christ, Matthew provides a unique perspective throughout, from his initial nativity narrative and its recounting of the



The Calling of Matthew

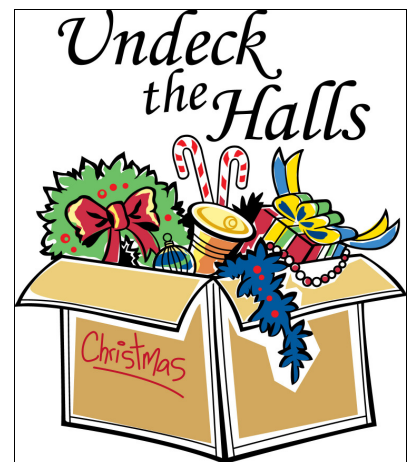
wise men to his recording of Jesus' Sermon on the Mount to his culmination in Christ's Great Commission to carry the Gospel to all nations. Join us as we journey with Matthew into the ministry of our Savior.

### Are you enjoying our services on the new screen?

**You can help make these a success! We need more people to run the power points and sound board. Neither is difficult, but training is required. If you are able to help, contact Chris Hand or the office.**

### Undeck the Halls

**Come January 6 at 6:00 p.m. to help take down the church's Christmas decorations. Many hands make light work.**



## Education News

### Nursery

Beginning in January the nursery will no longer be manned by volunteers. The nursery is always available as a place for parents to take their children if needed. We would like to thank all our volunteers who have given their time to the nursery. This is a trial period and the issue will be reassessed in 6 months. If you have any concerns, please contact any member of the Board of Education.

Train up a child in the way he should go: and when he is old, he will not depart from it.

- Proverbs 22:6



### Team Sunday

#### Team Sunday

As members of God's Team we want to have some fun on Super Bowl Sunday (Feb. 2<sup>nd</sup>) by holding the 2<sup>nd</sup> Annual Team Sunday. Members are encouraged to wear their favorite team's

colors, jersey's, t-shirts or whatever you have and participate in the morning's activities. St. Paul's team shirts are also a great idea. Watch for more information in the weeks to come.

**Midweek classes resume January 8.**

**LYF Trip to Perfect Games January 8**

~ permission forms are on the credenza in the west entryway. They are due to Lowell Highby or the office by Jan 5th.



**VBS**

Mark your calendars!  
VBS is August 4-8.

# Education News

## St. Paul Children's Christmas Service 2013

### *"Emmanuel, God With Us"*

*Our children's Christmas worship service at 11:00 a.m. on December 15th confessed seven different names for our Savior, Jesus. We sing of these names—names found in the Old and New Testaments of Holy Scripture—in each stanza of the hymn "Oh, Come, Oh, Come, Emmanuel." The voices of prophets, evangelists, and disciples help us to understand their meaning. In this service each name was revealed in the unveiling of symbols, recitation of prayer, and proclamation of God's Word. Behold! Emmanuel, God is with us!*

More than 50 St. Paul children (*preschool – high school*) participated in this year's worship service! Thank you all for sharing the Christmas story.



Vocal Soloists - Erin Barnes  
Katie Barnes  
Katie Dryer  
Allyson Donavon  
Hannah Fritz  
Erin Murphy  
Aurora Olson

Youth Ensemble: Jakob Tibben  
Abigail Tibben  
Jordan Vetter

Nativity Participants:  
Ella Gebhart – Mary  
Keegan Wegner – Joseph  
Addison Sabus – Angel  
Kylie Taylor – Angel  
Kiley Dougan - Angel  
Tyler Olson – shepherd

### Special thanks to:

Service Assistants: Brenda Dryer, Breanna Wetzler & Steve Wilcken

Piano: Ellen Sander

Youth Ensemble Director: Wayne Hagemoser

Technical Assistance: Julie Coy & Tom Peter

### Sunday School Teachers:

Rita Dougan  
Katie Friedrich  
Ryan Latuska  
Seanna Wilcken  
Nichole Thiede  
Joyce Dobberke  
Ruth Schlotfeldt  
Cindy Baas  
Len Thiede  
John Murphy  
Lori Jenks

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Readings – Donovan Jenks  
Kaitlin Wegner  
Caleb Donovan  
Matthew Dryer  
Jordon Vetter  
Trenton Dougan  
Ben Gebhart  
Matthew Latuska  
Alex Highby  
Peter Shaw  
Michael Vetter  
Katie Dryer

Memorized Parts - Jaden Ask  
Erin Murphy  
Isaac Harris  
Emma Buttery  
Madison Weber  
Evan Buttery  
Erik Soenksen  
JoLynn Ask  
Erin Barnes  
Allyson Donavon  
Dylan Fritz  
Jackson Stensland  
Madelyn Sabus  
Mia Vogel  
Matthew Sabus  
Katie Barnes  
Hanna Fritz  
Aurora Olson



**For to us a child is born, to us a Son is given. In Him was life, and that life was the light of all!**

## Evangelism News

The Evangelism committee wants to thank all those who went out to visit church members and also those who participated in the caroling on December 18.



## Human Care

### Good Neighbor Open House

**Good Neighbor Emergency Assistance, Inc. is on the move!**

Good Neighbor has moved back downtown, in order to serve our neighbors more effectively. Please join the Director, Michael Fritz, and the Good Neighbor Board in an Open House at our new location, **Sunday, January 12, 2014, 11:30 am – 2:30 pm, at 613 Clark Ave.**

(next to First Christian Church and across from Fareway). Thanks to the generosity of First Christian Church, who owns the property, Good Neighbor is now much more accessible to the Ames community.

Light refreshments will be served. We hope to see you there.



### January Conversational Dinners

Conversational Dinners will meet Sunday, January 12th. We are going to be featuring, what else, Low Calorie Cooking. January is the month of resolutions, new beginnings and a

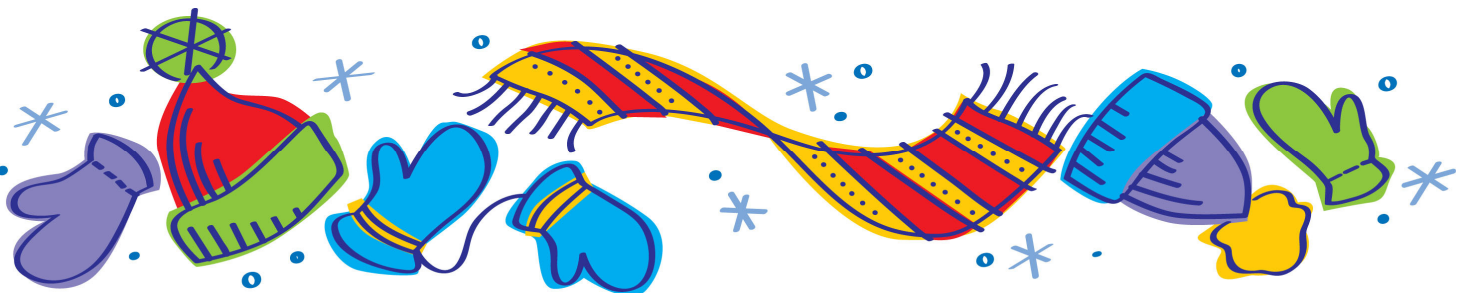
vow to lose a couple of pounds. So, get out your cookbooks, this is the month to try something new and something that is easier on the waistline.

Please let Drue and I know if you plan to join us.

Drue and Ellen  
Sander

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

**Are you warm enough? Many people are not.** You may bring hats, gloves and mittens for those in need and place them in the collection bin near the east entry doors.



## Women of St. Paul

### Family Service Circle Quilt Group

We will resume our regular quilting times in January; Thursdays, the 10th and 24th, from 10 a.m. to 2 p.m. New members are welcome to join us. Contact Marilyn Hagemoser at 232-2807 if you would like more information.

### Easter

Yes, it's time to start thinking of Easter. We have someone who will organize the Easter breakfast but we need some creative people to handle the table decorations. If you have ideas or are willing to help, please contact Vickie Roach at 232-1241.



### Epiphany Party

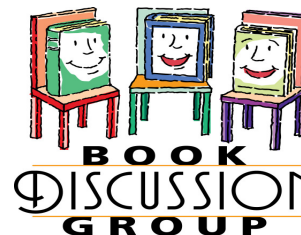


Please join the “Women of St. Paul” for a time of **FUN & FELLOWSHIP** Sunday, January 5<sup>th</sup> at 2:00 pm at the Church.

*Refreshments will be Served*

Participants are asked to bring a favorite Christmas ornament.

*When they heard the king, they set out; and there ahead of them, went the star that they had seen rising, until it stopped over the place where the child was. — Matthew 2:9*



**Books to Know Group** We will meet next on January 9th at Adele Knop's house to discuss “*Lessons I learned in the Dark*” by Jennifer Rothschild.

**A new Women's Bible study** will begin on January 13th. We will be studying the life and writings of Paul. Please sign up



on the bulletin board if you are interested in attending. We meet Mondays from 5:45 to 7:00 p.m.



# January 2014 Service Roster

	Jan 5 8:30	Jan 5 11:00	Jan 12 8:30	Jan 12 11:00	Jan 19 8:30	Jan 19 11:00	Jan 26 8:30	Jan 26 11:00
Organist	Mary Nelson		Mary Nelson		Mary Nelson		Praise Team	
Elders	Phil Voge	Chris Hand →						
Lectors	Reiny Friedrich	Julie Coy	Wayne Hagemoser	Julie Coy	Ron Juelfs	Julie Coy	Adanga Biddle-Roush	Julie Coy
Acolytes	Ben Gebhart	Mary Beth Coleman			Kaitlyn Cook	Alex Highby		
Ushers	Tom & Cindy Baas, Dennis & Joyce Dobberke	Steve & Marlene Johnson, Keith & Carol Folkmann	→					
Greeters	Wayne & Marilyn Hagemoser, Charles & Kris Ellis	Doug & Carol Litwiller, Judy Peter	→					
Coffee Fellowship	Denny & Shirley Tice; Keith & Carol Folkmann		Dick & Linda Peterson		Maureen & Reiny Friedrich		Vic & Geri Schulz	
Altar Flowers								
Offering Counters	Steve & Marlene Johnson	→						
Power Point								
Sound Board								
Altar Guild	Jan Ziebell, Karen Belz,	Connie Buss, Becky Juelfs	→					
Video Recorder	Harry Mundt	→						
Collate Bulletins	Carolyn Tweedt, Jan Ziebell	→						

## Tips for talking to someone with cancer

- **Don't ignore them.** Some people disappear when someone they know gets cancer. The worst thing you can do is avoid the person because you don't know how to handle it. Cancer can be lonely and isolating as it is. Tell them "I'm here for you," or "I love you and we'll get through this together." It's even okay to say "I don't know what to say" or send a note that says "I'm thinking of you." Just stay connected.
- **Think before you speak.** Your words and actions can be powerful. One comment can instantly undo someone's positive mood. Don't be overly grave and mournful. Avoid clichés, like "hero" and "battle." If the person gets worse, does it mean they didn't fight hard enough? Try to imagine if you were in their shoes. What would you want someone to say to you?
- **Follow their lead.** Let the person with cancer set the tone about what they want to talk about. It doesn't always have to be about cancer. Chances are they want to feel as normal as possible. Tell them about something funny that happened. When they want to talk about cancer, let them. And save the pity eyes and voice.
- **Keep it about them, not you.** Don't lose your focus on the person with cancer. Avoid talking about your headache, backache, etc. This isn't about you. And as bad as you feel, they feel worse. They aren't interested in hearing about how hard this has been on your life. Don't put them in the position of having to comfort you. Only ask questions if you truly want to hear the response.
- **Just listen.** Sometimes just being there to listen—really listen—is the best thing you can do. Let the person with cancer talk without interrupting them. You don't always have to have all the answers, just a sympathetic ear. They may not want to talk at all, and would rather sit quietly. It's okay to sit in silence.
- **Don't minimize their experience.** Try not to say "Don't worry, you'll be fine." You don't know that. Instead say "I'm really sorry" or "I hope it will be okay." And don't refer to their cancer as "the good cancer." These statements downplay what they're going through. Leave the door to communication open so they can talk about their fears and concerns.
- **Don't be intrusive.** Don't ask the person with cancer questions about their numbers or tumor markers. If they want to talk about their blood results, they will. Give them the freedom to offer this information or not. Also, don't ask personal questions that you wouldn't have asked before, especially when it comes to subjects like sex and religion.
- **Don't preach to them.** Don't try to tell the person with cancer what to think, feel or how to act. You don't know what they're going through, so don't act like you do. Instead of saying "I know how you feel," try saying "I care about you and want to help." Don't suggest alternative forms of treatment, a healthier lifestyle, etc. And don't tell them to "stay positive," it will only cause frustration and guilt.
- **Refrain from physical assessments.** Refrain from comments about how the person with cancer looks, particularly if it's negative. They don't need their weight loss or hair loss pointed out to them. And if they just started treatment, don't ask them about potential side effects. If you say anything at all, tell them they look stronger or more beautiful, but mean what you say.
- **Avoid comparisons.** Everyone does cancer their own way. Don't bring up the private medical problems of other people you know. And don't talk about your friend with cancer who is running marathons or never missed a day of work. Avoid talking about the odds or making assumptions about their prognosis. Just allow them to be themselves.
- **Show them you care.** Show the person with cancer that they're still needed and loved. Give them a hug. Surprise them with a smoothie, books, magazines, or music. Offer to help, such as cooking, laundry, babysitting or running errands. Be specific by asking "What day can I bring you dinner?" And, offer to help only if you intend to follow through with it and won't expect something in return.
- **Share encouraging stories.** Offer encouragement through success stories of long-term cancer survivors. Avoid saying "They had the same thing as you." No two cancers are the same. And never ever tell stories with unhappy endings. If you know someone with the same type of cancer, offer to connect them.

*NOTE: This information is not intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider prior to making decisions about your treatment.*

For information about the St. Paul Cancer support group, contact Gretchen Zitterich at 232-1765.