

# FEBRUARY 2020

**ST. PAUL LUTHERAN CHURCH**  
610 15TH ST.  
AMES, IA 50010  
515-232-5838

VISIT OUR WEBSITE AT [WWW.SAINTPAULAMES.ORG](http://WWW.SAINTPAULAMES.ORG)

OR OUR FACEBOOK PAGE AT ST. PAUL LUTHERAN CHURCH, AMES, IA

**REV. DR. TODD JENKS, PASTOR**  
**THOMAS WILSON, DIR. FAMILY LIFE**  
**LORI JENKS, PRESCHOOL DIRECTOR**  
**PRESCHOOL- 515-233-1914**

## Lenten Services begin Ash Wednesday, February 26

This month we again begin the season of Lent. Services of reflection will be held each Wednesday at 7:00 p.m. Our theme this Lent will be "Eyes on Jesus." Each year during the Lenten season we fix our eyes on Jesus, remembering the great love He showed for us and the grand sacrifice He made for us. We think about what we see when we see Jesus. However, when the people in the Passion narrative looked at Jesus, what did they see?

This year's series "Eyes on Jesus" invites us to look at Jesus through the eyes and viewpoints of various people who also lived through the events of the Passion. What did these "eyewitnesses" see? Did they see Jesus in a manner that misunderstood Him? Did they recognize Jesus as the Son of God, come from above, the divine in human flesh? Using selected Scripture passages from the Gospel of Mark, we will be challenged to consider what we see in Jesus.

Join us for these special devotional services of worship Wednesday evenings in Lent! Our Ash Wednesday service will

include the imposition of ashes and the celebration of the Lord's Supper, and will run about an hour. Other weeks in Lent our devotional service will be around 45 minutes or so. Come worship with us this Lent as we remember Christ's suffering and sacrifice to bring us God's love and forgiveness. Let us look to the cross, and see Jesus, who paid our sins' cost!

Your pastor and worship leader,  
Pastor Jenks



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### 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, February 2*

*Holy Communion*

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

*Sunday, February 9*

*Youth Sunday*

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

*Sunday, February 16*

*Holy Communion*

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



*Sunday, February 23*

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

*Wednesday, February 26*

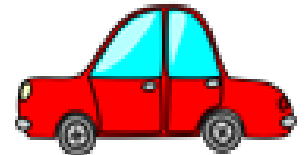
*Ash Wednesday*

*Holy Communion*

*7:00 p.m.*

**We do not want anyone to fall this winter.** If you are a little unsure of walking in the parking lot, PLEASE consider using our valet service.

Are you looking for an opportunity to serve your fellow members? Please consider being a Valet Parker. This is a two Sunday a month commitment three times a year and it is greatly appreciated by those we serve. Please give prayerful consideration to this opportunity. Contact Cindy Baas at 515-291-4289 to sign up. Thank you



### **We still have room!**

We may not have an ARK to fill, but we still have room on our bus! If you are interested in traveling to the Ark Encounter and Creation Museum and have not had time to sign up yet, you can still get in on this great trip. See Denny and Shirley Tice or Thomas Wilson today!

### **Member Spotlight**

We are trying to bring back the Member Spotlight. This is a great way to read about our members, new and old. If you have received or if you receive a letter with the Spotlight questionnaire, we ask that you **PLEASE** return the form back to the office, hopefully with a picture, as soon as possible! Thank you so much for your attention and cooperation!



## Wellness Team

"So whether you eat or drink or whatever you do, do it all for the glory of God." 1 Corinthians 10:31

February is Heart month! Do you know that what you do to protect your heart can also help prevent or treat diabetes, decrease cancer risks and protect your brain? Healthy eating is a part of this, along with moving your body on a regular basis, managing stress, not smoking and getting enough sleep. We know that you want to be healthier!



What can you work on this month? Did you know the American Heart Association encourages most adults to eat at least two non-fried fish meals weekly and a meatless meal once a week? Do you do this already? If not, maybe you could aim to eat non-fried fish at least once weekly. Or, try a meatless meal once a month? The rewards of small changes can give big rewards over time!

At the "Taste of Wellness," we enjoyed the Spinach Lasagna, which supports efforts to eat vegetables, whole grains and go meatless. Maybe try this simple fish recipe to add some fish into your routine:

### Oven Fried Fish

- ½ cup cornflake crumbs
- 1 Tablespoon oil (such as canola oil)
- ½ teaspoon Italian seasoning
- 1/8 teaspoon black pepper
- 1# fish fillets (like halibut, sole, snapper, etc)

Preheat oven to 450 degrees. Spray baking sheet with no stick spray.

Mix cornflake crumbs, oil, Italian seasoning, and black pepper in plastic bag and set aside. Divide fish into serving sized pieces. Place a couple of pieces of fish at a time into the bag and shake to coat evenly. Arrange fish on baking sheet so fish is not touching. Discard unused cornflake crumb mixture. Bake about 10 minutes per 1" thickness, or until fish flakes easily. Serves 4.

Complete the meal with a baked sweet potato, steamed broccoli, a mixed fresh fruit cup, and a glass of no/low fat milk.



**GETTING BORED WITH THE SAME FOODS?** The Wellness Team is sponsoring a "Simple Fix" workshop on Thursday, March 5 at 7PM. This is a freezer meal workshop at the West Ames HyVee. You will bring home food for 4-6 people for these yummy 7 meals: Baked Ziti, Chicken lasagna, Asian Beef Stir Fry, Crockpot Chicken Tortilla Soup, Baked Salmon, Italian Stir Fry with Turkey Sausage, and Orange-herbed Pork Roast. Cost is cost of groceries, plus \$10/person for setup fee, which is about \$110. There are a limited number of spaces for this fun event, so sign up soon on the bulletin board in the narthex!

## Family Life

### Homegrown Fruits of the Spirit: Growth Begins in the Home

As far back as the Old Testament, Moses implored families to repeat the words of God to their children – to “Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up” (Deuteronomy 6:7). Even Martin Luther, in his Small Catechism, instructed the pastors to work with the parents, to encourage them to teach their children the Word. This month we look at scripture that reflects on the character of our family members and forgiveness in our teaching of our youth.

If our youth are little fruit trees, then we must consider our homes and church to be the orchard in which they grow. We (church workers, parents, and congregation members) all have a part in watering the orchard. Paul wrote in the New Testament, “Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord” (Ephesians 6:4). The Greek word for “training” in this verse means “to counsel”, and refers to placing the mind in a proper place, as to reason with our youth by “warning.”

This is where we see a clear distinction between raising youth with natural character traits and cultivating the supernatural fruit of the Spirit. Raising youth with character traits is not a bad thing. Yet in the natural world, one character trait at the expense of another can be challenging. For example: teaching youth to be nice to others is noble. But if the youth become nice because they are afraid of rejection, the character trait is built on selfish motives. Instead, when we teach our youth that kindness means we look out for the best interests of others, we can cultivate the supernatural work of the Spirit in our youth to faithfully confront their friends for wrong behavior in a gentle, kind, and loving way.

Granted, this happens when we (church workers, parents, congregational members) “remain in” the vine ourselves and lead our youth “in the way of the Master” (Ephesians 6:4).

How does it make you feel when your children do not want to read the Bible or pray? How have you viewed your role as being a discipler to the youth? As parents, and as adults in general, WE WILL MESS UP! We all say things we regret. We might yell or be inconsistent. However, as Romans 8 confirms, beating ourselves up for it does no good. “Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death” (Romans 8: 1-2).

In fact, research has shown that if we can be emotionally safe with youth just forty percent of the time, we can have a better relationship with them. Why? Because research shows that “repair” is one of the greatest strategies we have with youth. What does the Bible say about repair? IT calls it forgiveness, and it tells us to practice it --- A LOT!

#### APPLICATION:

**Morning Prayer:** Heavenly Father, multiply the fruit and work of my children’s hands. Give me insight and understanding to raise my children in such a way that they hear those most coveted words, “Well done, good and faithful servant!” (Matthew 25:21)

**Bedtime Question:** If you could choose one thing to do together as a family this weekend, what would it be?

#### Additional Reading:

Read the following verses. What do these verses teach us about forgiveness? What lessons do we teach our kids when we seek their forgiveness for our wrongs?

Luke 7:47

Luke 17:4

Fathers,  
do not exasperate  
your children;  
instead,  
bring them up  
in the training and  
instruction of the Lord.

Ephesians 6:4 NIV

## Education & Youth



# TEAM SUNDAY

## Sunday, February 2nd

God's Team - We are all members of God's Team. Show your team spirit on February 2nd!

Wear your favorite team colors or jersey (any sport, any team), or wear a St. Paul shirt!

"Now you are the body of Christ, and each one of you is a part of it." 1 Corinthians 12:27

## SAVE THE DATE

### Family Easter Event

This family program invites children and adults to walk the path that Jesus walked. Through activities based on Scripture, participants experience the joy of Palm Sunday, the disappointment of Judas' betrayal, the devastation of the crucifixion, the jubilation of the resurrection, and so much more. At each station, their senses are engaged through experience-focused activity that teaches the biblical Passion account.



Sunday, March 29th, 2020



## Education & Youth

### SAVE THE DATES!

#### 2020 VBS

Sunday, August 2 - Wednesday, August 5



### Higher Things Retreat

March 20 - 21, 2020

For all 7th - 12th Grade Youth  
At Camp Okoboji  
\$60 per person

Contact Carla Murphy or Thomas Wilson to Register

### Board of Education has some Current openings!

We are currently in need of the following, if you are interested please speak with Greg Gebhart, Chair or Amy Carver, Vice-Chair



- Sunday School Teacher (5th and 6th grade)
- Coordinator of 2020 Christmas Program
- Substitutes for Sunday School and Midweek (substitutes usually only teach 1 or 2 weeks at a time through out the year).

## 2022 NYG



Sunday, February 2nd

Get all your sweets and  
goodies for the BIG game!  
All items \$5

## Education & Youth



Contact Carla Murphy or  
Thomas Wilson to Register!



**GAME CHANGER**  
**YOUTH LOCK-IN**  
**CONTINUE?**  
**\*YES\* NO**

**Friday, March 27th — Saturday, March 28th**  
**7:00 PM - 7:00 AM**

**FREE** for all 5th—8th grade youth!

Bible Studies and Devotions  
on the theme of being a Game Changer

Special THEMED group games!

Free Time for movies, snacks and board games!

Contact Thomas Wilson, DCE for registration materials—

**REGISTER by Monday, March 23rd!**

"If you can?" said Jesus. "Everything is possible for one who believes." (Mark 9:23 NIV)

### Save the Dates!- Camp Okoboji Summer Camp 2020 Dates:

**Kid's Camp #1 -May 29-31.** For kids completing kindergarten thru 2nd grade. Perfect weekend to get your child acclimated to camp before they attend on their own in a few years! They experience camp with their parents, grandparents or other relatives. Cost: \$135 for adults and \$85 for kids.

**Cub Week #1 -June 7-13** for youth who have completed grades 3-5. Cost: \$365.

**Junior High Week - July 5-11 (6-8th grade) Cost: \$365.**

**Cub Week #2 - July 12-18** for youth who have completed grades 3-5. Cost: \$365.

**Youth Week - July 19-25 (9-12th grade) Cost: \$365.**

**Kid's Camp #2 -July 31-Aug 2.** For kids (and parents) completing kindergarten thru 2nd grade. cost: \$135 for adults and \$85 for kids.

Registration now open! Funding available through the Camp, the District and St. Paul! See Carla Murphy for details for your share!



## Education & Youth

### LYF Breaks Bowling Attendance Record! (we think)

On Wednesday, January 15, the Board of Youth held LYF pizza and bowling activities. We served 26 kids pizza at church and had 31 participate in bowling and arcade games at Perfect Games. This event has been one of our larger events, but we don't remember having over 30 youth bowling before! Even though some didn't get to finish their bowling game, get a high score or have much time in the arcade, all said they had fun! Thank you to the parents who helped with transportation and chaperoned this event!



### Thank you from the NYG Silent Auction!

Along with Trivia Night on January 11, we held a silent auction. There were 25 items up for bid that brought in \$1,161! Some items were donated by local businesses or organizations and others were donated by members with a few items handcrafted by those members! So whether you donated an item or bid on items, the NYG youth thank you for your support!



### Youth Sunday February 9

Youth Sunday will be held Sunday, February 9, at BOTH services. The theme is "God is..." This topic will focus looking at the characteristics of God, where you find Him, what He means to us and what scripture tells us about Him.

This service is all done by the youth of our church -bulletin covers, greeting, ushers, music, readings, children's message and the congregational message. This day gives our youth a chance to let their talents shine and understand how a church service works. It is also a way to serve their Lord and give back to the congregation.

Practices will be held February 1 and 8 from 9-10:30am for grades 3-12.



## Women's Ministry

### THE ROEGNERS HAVE ARRIVED IN ISRAEL- PARTNERSHIPS . . . GOD'S PLAN!

Kristi and I have just arrived in Tel Aviv, Israel, to begin our work as Bible Teachers. So much has happened over the past four years since God called Kristi and me to Israel, to make this possible. Not the least of which is the untold hundreds of "partnerships" that have been critical to see God's plan realized.

God's plan has included two very important Scripture verses in our lives. Paul in Romans 1:16, shared the foundation of God's plan, "For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile" (NIV). Then Jeremiah in his letter to the Exiles in 29:11, lays it all out and tells us it is God's plan and not our own, "For I know the plans I have for you", declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future" (NIV). No doubt, it is God's plan, that has inspired all these partnerships that have made it possible to be in Israel, on behalf of God and His plan through The Apple of His Eye Mission Society, a Recognized Service Organization (RSO) of the Lutheran Church—Missouri Synod (LCMS).

Of course, being granted RSO status by the LCMS is a great privilege, a great partnership! Being able to BOLDLY declare Y'shua as Messiah, through Word and Sacraments, a part of God's plan now has begun. Thank you, LCMS! As with any new work startup financial support is critical. Our arrival into Israel a few days ago was made possible by the **partnership of thousands of women (and a few men) from the Lutheran Women's Missionary League (LWML). Through those mighty mites, a grant of \$100,000 was approved in Des Moines in 2015 and presented to the AOHE in Albuquerque in 2017.** Two and half years later, BOLDLY declaring Y'shua as Messiah, God's plan that now has begun. **Thank you, LWML!**

As a ministry like the AOHE moves into a new place, like Israel, it is important to look for opportunities to partner with ministries already there who have themselves followed God's plan, "to the Jew first." Some of these ministries have been around in Israel, for decades and are able to bring to the table experience, relationships, and the ability to assist a newer ministry like the AOHE. One such ministry is the Norwegian Church Ministry to Israel (NCMI), founded in 1844 in Stavanger, Norway. NCMI is a Lutheran based organization with the purpose of awakening Christians to their responsibility for the Jewish people, proclaiming the Gospel and serving Jews in Christian love. NCMI has partnered with the AOHE by applying to the Israeli government and using two of their A3 Religious Visas on our behalf. Of course, as you know by now, those multi-entry visas were approved for us in December.

Finally, the last partner as part of God's plan I want to mention is the partnership that Kristi and I have with You! You, pray for us regularly. You, who financially support us, allowing us to travel to Israel, and serve God here. Your prayers have spiritually sustained us. Your financial gifts have helped us reach full funding. You, who will continue to pray and support us in 2020 and beyond. Today, we are BOLDLY declaring Y'shua as Messiah, a part of God's plan. Thank you, ALL OF YOU! - In Y'shua **Bob Roegner**



### Soup & Pie Supper– Feb 26



Ash Wednesday is coming soon... Feb. 26. Watch for the sign up sheet for the famous soup and pie supper. We want lots of yummy soups and pies for all to enjoy!



## Women's Ministry

### LWML National 2019–2021 Mission Grant #6 — \$100,000 Mobile Medical Mercy Mission Bus for Guatemala

While Guatemala is a beautiful country, many people suffer in extreme poverty. Over 50% of the children are malnourished and have no access to any form of medical or dental care. Most have no pre-natal or post-natal care and often die from preventable diseases. Immanuel Lutheran Church, Hood River, Oregon and the Lutheran Church of Guatemala have partnered together to share God's physical and spiritual healing with as many souls as possible. They have developed a network of The Lutheran Church—Missouri Synod partner churches to send medical professionals and mission teams to Guatemala on short term medical mission trips. In order to reach these isolated villages, they need the right tool, namely a Mobile Medical Mercy Mission Bus. The funds will be used to purchase and retrofit a bus with medical equipment. Bible school equipment will also be purchased enabling the teams to heal both the physical and spiritual needs of the Guatemalan children. While the physicians tend to their physical needs, the ministers and lay leaders go into the villages and set up bible classes, VBS and worship services. Child Beyond International will continue to financially support this ministry.



**All LWML women are invited to get inspired and renewed as Lutheran Women in Mission with a fun, interactive, and informative program.**

In November 2018, Breanna Wetzler and Lisa Wilson, members of St. Paul Ames, along with LWML Iowa West District President Jane Morris and Junior Pastoral Counselor Rev. Merle Mahnken attended the National LWML Follow the Leader Event. This group spent time learning about the different aspects of the LWML and how they can be better leaders within the organization and how that information can be presented and passed along to ALL members of the LWML.

This group's mission is to pass on what they learned in a fun and entertaining program. Boone is the last stop in the five-city tour of presenting this information. You don't want to miss this. There will be some games and also a skit with leadership tips presented by Breanna and Lisa. This program is designed, NOT ONLY for the seasoned LWML woman but also those new to the LWML.

A servant event is being planned for after the program.

If you have further questions, please reach out to Lisa Wilson at [lisawilsonlwml@gmail.com](mailto:lisawilsonlwml@gmail.com)



# Women's Ministry

**LWML Mite Update:** as of 11/30/19

**2019-2021 National Mission goal: \$2,100,000.00**

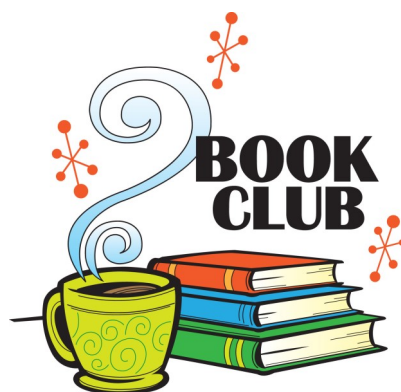
**Amount Received:\$663,135.37**

**Amount Needed: \$1,436,864.63**

We normally collect mites for missions on the 1st Sunday of each month. For more information about LWML go to [www.lwml.org](http://www.lwml.org).

**Do you know what is going on in the Iowa West District of the LWML?** The LWML IWD eNews is sent to all women of the congregation who have email. If you do not have email, a copy is printed and placed on the LWML/Missions bulletin board going up to the fellowship hall. You may read it and replace it when you are finished.

**FAMILY SERVICE ~** Quilting Dates for February are Feb. 13 from 10 am - 2:00 pm and Feb. 27 from 10:00 am - 12:00 pm. We will have our Family Service meeting Feb 27 at 1:00 pm. Everyone is invited to join us. Bring a sack lunch for our fellowship time at noon. We are still accepting fabrics and blankets for the middles of quilts. Thank you.



## "Book to Know to Help You Grow"

Everyone is invited to join us for our next discussion on March 12 at 7:00 pm at Gretchen Zitterich's home to discuss "Daughter of Jerusalem: A Novel" by Joan Wolf.

The Barnes and Noble description of this book: "In *Daughter of Jerusalem*, readers will quickly identify with Mary Magdalene - a woman of deep faith who used her wealth and influence to serve Jesus. This fictionalized story of Mary Magdalene is, in the truest sense of the word, an inspirational novel for modern people who are looking to renew in themselves the message of Christ. It's the greatest story ever lived,

told by one of the most famous women who ever lived, and it's a page-turner. Joan Wolf's years of success as a novelist enable her to combine storytelling and a faith plot in this beautifully written biblical fiction."

| Date                 | Hostess            | Book  |
|----------------------|--------------------|---|
| March 12, 2020, 7 pm | Gretchen Zitterich | "Daughter of Jerusalem: A Novel" by Joan Wolf |
| May 14, 2020, 7 pm   | Janelle Swenson    | "Masterpiece" by Francine Rivers              |



# February 2020 Service Roster

|                     | <b>Feb 2<br/>8:30</b>                | <b>Feb 2<br/>11:00</b>                         | <b>Feb 9<br/>8:30</b> | <b>Feb 9<br/>11:00</b> | <b>Feb 16<br/>8:30</b>               | <b>Feb 16<br/>11:00</b>                        | <b>Feb 23<br/>8:30</b> | <b>Feb 23<br/>11:00</b> | <b>Feb 26 Ash<br/>Wed.<br/>7:00 pm</b>                  |
|---------------------|--------------------------------------|--|-----------------------|------------------------|--------------------------------------|--|------------------------|-------------------------|---|
| Organist            | Ellen Sander                         | Ellen Sander                                   | Zach Heilman          | Zach Heilman           | Zach Heilman                         | Zach Heilman                                   | Praise Team            | Praise Team             | Ellen Sander  |
| Elders              | Tom Henriksen                        | Ron Coy  | —————→                |                        |                                      |  |                        |                         | Phil Voge   |
| Lectors             | Pam Mundt                            | Linda Peterson                                 | Youth                 | Youth                  | Dawn Schulte                         | Linda Peterson                                 | Dawn Schulte           | Linda Peterson          | Inez Smith  |
| Acolytes            | Lydia Nelsen                         | Keegan Wegner                                  |                       |                        | Daniel Murphy                        | Zach Harris                                    |                        |                         | Eayon Phipps  |
| Greeters            | Wanda & Dawn Schulte, Tanny Latuska  | Tom & Beth Henriksen, Steve & Carol Vollstedt  | Youth                 | Youth                  | Wanda & Dawn Schulte, Tanny Latuska  | Tom & Beth Henriksen, Steve & Carol Vollstedt  | —————→                 |                         | Angi & Tate Esser, Judy Peter                           |
| Ushers              | Paul & Adele Knop, Harry & Pam Mundt | Angie & Tate Esser, Greg Gebhart, Vickie Roach | Youth                 | Youth                  | Paul & Adele Knop, Harry & Pam Mundt | Angie & Tate Esser, Greg Gebhart, Vickie Roach | —————→                 |                         | Steve Vollstedt, Inez Smith, Greg Gebhart, Vickie Roach |
| Coffee Fellowship   |                                      |  |                       |                        |                                      |  |                        |                         |   |
| Coffee Time Greeter | Dick & Linda Peterson                | —————→   |                       |                        |                                      |  |                        |                         |   |
| Altar Flowers       |                                      |  |                       |                        |                                      |  |                        |                         |   |
| Offering Counters   | Dick & Linda Peterson                | —————→   |                       |                        |                                      |  |                        |                         |   |
| Power Point         | Cindy Baas                           | Lisa Wilson                                    | Lisa Wilson           | Lisa Wilson            | Cindy Baas                           | Lisa Wilson                                    | Lisa Wilson            | Julie Coy               | Kyle Wagner   |
| Sound Board         | Tom Baas                             | Thomas Wilson                                  | Thomas Wilson         | Thomas Wilson          | Tom Baas                             | Thomas Wilson                                  | Thomas Wilson          | Thomas Wilson           | Charles Ellis   |
| Altar Guild         | Becky Jackson                        | —————→   |                       |                        |                                      |  |                        |                         |   |
| Video Recorder      | Jerry Schradle                       | —————→   |                       |                        |                                      |  |                        |                         |   |
| Collate Bulletins   | Dick & Linda Peterson                | —————→   |                       |                        |                                      |  |                        |                         |   |
| Valet Parkers       | Brian Weber                          |  | Brian Weber           |                        | Jim George                           |  | Jim George             |                         |   |



## 2022 NYG FUNDRAISER

Why not have a fun get together on a leap year!  
Join us on this EXTRA day!

**Family Night Saturday, February 29th @ 5:30 PM**

**Chili Cook Off** - Come for a night of Fellowship and Fun, and best of all try all the different Chili's! There will be one for every appetite!

A **FREE** will donation will be accepted to benefit the  
2022 National Youth Gathering.

**You got the best chili recipe?**

Sign up to enter the competition! Sign up sheet will be posted on the bulletin board  
in the Narthex.

**Think you have the taste buds to choose the best chili?**

We need judges! If interested this will also be on the sign up sheet.

Board Games will be available to play once the children are finished eating  
while the Adults can enjoy some extra fellowship time.

Please contact Mike Emery @ 515-231-4426 or  
Thomas Wilson with questions.