

# JANUARY 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**

## Special Words from Your Pastor

Happy New Year! The New Year always brings new beginnings. For many people, the New Year resolutions they make address the better care they wish to take of the body that God has given them. This is indeed a noble resolution to make as the New Year's bells ring, because Jesus Christ wants us to have a vibrant and abundant life through Him and the blessings He brings. Jesus proclaims, *"I have come that you may have life, and have it abundantly!"* (John 10:10).

What does it mean to live the abundant life? Certainly that abundance comes to us spiritually, as through Jesus Christ we experience blessing after blessing. We have forgiveness, new life and life eternal. We are blessed by Jesus with abundant love, peace and joy. The abundant life in Christ also comes to us physically, as through Christ our bodies are blessed with true wellness.

Recently I asked our Board of Directors for approval to implement a Wellness Team here at St. Paul. The Directors enthusiastically endorsed this. A number of members with backgrounds in healthcare, fitness,

and/or an interest in wellness, have been recruited to be a part of this team. The team will encourage all of us in our wellness walk.

Elsewhere in this Epistle you will find a special article highlighting our Abundant Life/Wellness Lifestyle Kick-off Sunday, which will be held on January 12. What a great way to start a New Year. A New Year means new beginnings. In Jesus, every day is a new beginning.

"Therefore, if anyone is in Christ, he is a new creation. The old has gone; behold, the new has come!" (2 Corinthians 5:17). In Jesus, the sins of the past are washed away. Through your baptism into Jesus, you arise a new person each day. May Jesus bless you as you begin anew in Him, living the abundant life you have in Christ!

In Jesus,  
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*

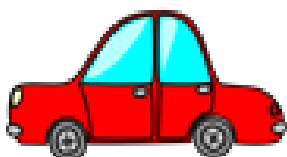
*Sunday, January 5*  
*Holy Communion*  
*8:30 a.m. & 11:00 a.m.*

*Sunday, January 12*  
*8:30 a.m. & 11:00 a.m.*



*Sunday, January 19*  
*Holy Communion*  
*8:30 a.m. & 11:00 a.m.*

*Sunday, January 26*  
*8:30 a.m. & 11:00 a.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 to sign up. Thank you

**“So whether you eat or drink or whatever you do, do it all for the glory of God.”  
 I Corinthians 10:31**

The Wellness Team at St. Paul wants to encourage, challenge and support each one of you in making healthy lifestyle choices! We realize lifestyle changes often are seen as difficult, but we would like to help you make small changes that over time may make a big impact on your overall health. Consider implementing one of these strategies: eat one more serving of vegetables and an extra fruit daily, eat one meatless or low meat meal weekly, stop when you are “full enough,” and aim for a total of 30 minutes per day of some physical activity at least 5 days per week. Changing one thing will make other changes seem easier! Build on success! (Of course, please consult your physician, if you have any questions or concerns.)

To kick off healthier food choices for the New Year, the Wellness Team will sponsor a “Taste of Wellness” at the beginning of Bible Class on January 12 where samples of tasty healthy foods will be available, with their recipes and handouts on healthy eating. Stay tuned for other fun activities!

Connie Buss, Wellness Team Coordinator



# Family Life

## Homegrown Fruits of the Spirit: Growth Takes Time

I am amazed when I listen to others, and sometimes myself, when they are starting a diet. They get upset when they discipline themselves to eat healthy, work out regularly, drink more water, be more active and the weight is not vanishing away in an instant. They seem to forget that they did not gain the weight overnight, in a day or a week. It took a lot of time to gain the weight, so it will take time to lose it! It takes TIME! Growth takes time! We cannot expect change to happen overnight, in a day or even a week. That's what this month is about, Growth Takes Time!

Have you ever been frustrated with someone, maybe even your children, because they seem to have forgotten today what you told them yesterday? Like you have to constantly go over the same thing day to day. The same instructions, the same agenda. Maybe for your kids, young and not so young, telling them to not slam the door, to eat ALL of their food, and like my parents, tell them to leave their siblings alone!

Our natural instinct is to think, *What's wrong with them?* Or maybe, *What's wrong with me that I can not get them to listen or understand?* Can you imagine what our heavenly Father feels when we (as adults) seem to constantly neglect the lessons He's trying to teach us? Ouch. Truth hurts.

Paul used botanical growth as the illustration to describe what it means to grow in the Spirit, to be sanctified. Keep this in mind as you grow and be encouraged that, just like you, your family, and our church, are a work in progress. Change does not happen overnight. We may not know about others, but I think this should help take some pressure off and perhaps help your patience grow!

How can we support the growth of others and take some pressure out of their lives? We find the answer multiple times in scripture. Paul wrote to the Ephesians, "*And PRAY in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.*" (Ephesians 6:18).

If you are a parent you are placed as the spiritual authority over your children. As a member of St. Paul, you are placed with spiritual accountability to the youth and other members. Irrigation systems supply crops with water by means of canals to help the plants grow. Think of your prayers as an irrigation system for your children, family, and fellow church members. Prayer, like water, is crucial for your family's and church growth over time.

### APPLICATION:

**Morning Prayer:** Jesus, thank You for establishing me in Your authority. I pray Your authority over my family, commanding generational sins to cease in our family lineage, in the name of Jesus.

**Bedtime Question:** Name one thing that happened this week that you are incredibly grateful for.

### Additional Reading:

Read the following verses. What do you learn from these verses? How can you practically apply this to your family? To our church?

Matthew 3:8

John 15:1-8



## Family Life

### 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!

### Super Sub and Bake Sale!

Sunday, February 2nd, 2020

Proceeds go towards the  
2022 National Youth Gathering

**\$10 per sub!**



Place orders before  
or after church  
services:

January 19th

January 26th

## 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



#### Upcoming Events (subject to change)

Jan 15– Bowling

Feb 9 - Youth Sunday  
(grades 3-12)

Feb -service project with  
Valentine's theme

### Save the date for a night of fun!



Ready for another round of Trivia Night? Mark your calendar for January 11, 2019! This year will be a similar format as last year, with a cost of \$100 for a table of eight. We are limited to ten teams, so get your team ready and start brushing up on your worthless knowledge!

Registration is open now. Please direct any questions to Matt and Janelle Wegner, or Jeff and DeAnn Barnes.



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

Junior High Week - July 5-11 (6-8th grade)

Cub Week #2 - July 12-18 (3-5th grade)

(They haven't set week 1 yet)

Youth Week - July 19-25 (9-12th grade)



## Education & Youth

### Let's go Bowling!!!

On Wednesday, January 15, LYF will meet in the Fellowship Hall at 6pm for pizza and go to Perfect Games afterward. The Board of Youth will supply the pizza and pay for shoe rental, bowling and a \$5 arcade card for each youth who signs up. Youth are welcome to bring extra money for arcade or snacks. Parents will need to pick up youth at Perfect Games at 8:15. Permission forms are due by January 12. This event is open to grades k -8.



### Youth Sunday-February 9

On Sunday, February 9, the youth of St Paul in grades 3-high school will be presenting "God Is \_\_\_\_" as the worship service at both 8:30am and 11am. Youth will be ushers, greeters, readers, give the children's message, the congregational message, and be musicians. Youth will have the opportunity to create artwork for the bulletin covers as well. Look for emails out and bulletin announcements out soon for rehearsal dates and times.

### NYG 2020 Silent Auction

On January 11, come to trivia night and participate in our silent auction. Some items include an ISU autographed basketball by Coach Prohm, gift cards, gift baskets, admission passes and tickets to various events and sports and more!



### Midweek Time Change

Reminder to the parents with youth who attend Midweek: Our start time will change in January from 4:30 to 5:00 PM. Classes will still be an hour. LYF events will start at 6:00 PM. Following our educational year the Board of Education will be asking for feedback from parents on their thoughts on the time change.





## American Heritage Girls

St Paul's American Heritage Girls Troop IA2016 finished this semester with the awards ceremony on Dec 9. Our sanctuary was filled with parents and friends as 43 Home Care and Repair badges were awarded, 22 service badges earned, 27 service stars given, and 279 hours of service submitted. In closing we were treated to a chorus of 50 girls singing lots of carols during the short wait for pizza. Thank you to all the leaders and parents for supporting the girls in becoming leaders and servants of God. Congratulations girls. Following the ceremony, a pizza party was held. The prior week the residents at the Northcrest Retirement Health Center and Green Hills Retirement Center enjoyed the girl's homemade cards, conversation, and caroling. Smiles were on the faces of many residents. It was especially joyful for us to see and hear the memory care residents singing along.



## Women's Ministry

### LWML National 2019–2021 Mission Grant #5 — \$95,000

#### God's Word Changes Everything

Martin Luther wrote, "I wish that this book alone, in all languages, would live in the hands, eyes, ears, and hearts of all people." When people have God's Word, it changes their lives in ways they couldn't imagine. Lutheran Bible Translators is training people from churches in Ethiopia and Tanzania to translate the Bible into their own languages as a part of seminary training. This will be four-year project with 15 trainees working each year. The funds will be used to equip pastors and lay leaders in the translation of God's Word in the numerous local dialects for the benefit of their Tanzanian and Ethiopian people in their everyday worship.



Using Scripture

I promised you I would let you know what the letters **DAGATW** meant. It really means "**Dress A Girl Around The World**". Did you ever think there were girls in the world that didn't even own one dress? Sadly, there are many! Especially in countries such as Uganda, Haiti, Honduras, Portugal, Brazil, China, Congo, Bulgaria, Kenya, Mexico, Papua New Guinea, Ghana, Philippines, Ukraine, and the poverty areas in Arizona of the USA. These places only hit the tip of the iceberg where dresses are sent. And many dresses are needed to be made to make a "dress for every girl" in the world to have just one dress. Think of how many dresses we have! Wouldn't you feel a great accomplishment if you could dress just **ONE** little girl? Well, you can and a few more. We are going to set up a sewing day/days for those interested in March or April. We may even have the founder of the Organization come explain how she got involved in this International event. And youth, be thinking of helping with this event too! I know we have some lovely seamstresses and some that can cut out a pattern! Let's put some smiles on some little girls! **BE ON THE LOOKOUT FOR THE DATES IN MARCH OR APRIL!**

*Linda Peterson*

#### New Women's Bible study

The women will begin a new Bible study on January 13 at 5:45 pm in the Board room in the basement. All women of the congregation are invited to join us. When hard times come and it seems God is deviating from the plan we assume our life should follow, we're more likely to want to tame God, not trust Him. It's then that we begin to press into our ways and our own timing. No human can carry the weight of being their own god, but so many try. In this 6-session study of 1 & 2 Kings, join Lysa TerKeurst in Israel as she honestly reveals the places of distrust in her own heart while exploring the deeply applicable Scriptures that will teach us how to truly trust God.





# Women's Ministry

**LWML Mite Update:** as of 10/31/19

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

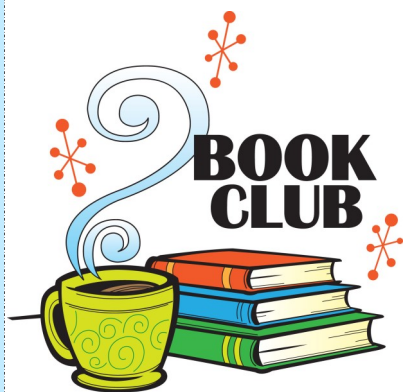
**Amount Received: \$576,321.04**

**Amount Needed: \$1,523,678.96**

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 January are Jan. 9 from 10 am - 2:00 pm and Jan. 23 from 10:00 am - 12:00 pm. We will have our Family Service meeting Jan 23 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



## "Book to Know to Help You Grow"

Everyone is invited to join us for our next discussion on Jan. 16 at 7:00 pm at Adele Knop's home to discuss "Angels Walking: A Novel" by Karen Kingsbury.

The Barnes and Noble description of this book: "From #1 *New York Times* bestselling author Karen Kingsbury comes the first in a brand-new series about second chances—a dramatic story about a washed up baseball player, the love he left behind, and the miracles that might save them both. When former national baseball star Tyler Ames suffers a career-ending injury, all he can think about is putting his life back together the way it was before. He has lost everyone he loves on his way to the big leagues. Then just when things seem to be turning around, Tyler hits rock bottom. Across the country, Tyler's one true love Sami Dawson has moved on. A series of small miracles leads Tyler to a maintenance job at a retirement home and a friendship with Virginia Hutcheson, an old woman with Alzheimer's who strangely might have the answers he so desperately seeks.

A team of Angels Walking take on the mission to restore hope for Tyler, Sami, and Virginia. Can such small and seemingly insignificant actions of the unseen bring healing and redemption? And can the words of a stranger rekindle lost love? Every journey begins with a step.

Date	Hostess	Book
Jan 16, 2020, 7 pm	Adele Knop	"Angels Walking: A Novel" by Karen Kingsbury
March 12, 2020, 7 pm	Gretchen Zitterich	"Daughters of Jerusalem: A Novel" by Joan Wolf
May 14, 2020, 7 pm	Janelle Swenson	"Masterpiece" by Francine Rivers

# January 2020 Service Roster

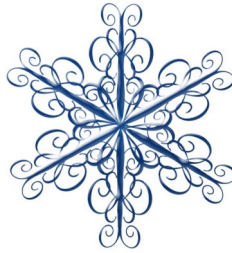
	Jan 5 8:30	Jan 5 11:00	Jan 12 8:30	Jan 12 11:00	Jan 19 8:30	Jan 19 11:00	Jan 26 8:30	Jan 26 11:00
Organist	Ellen Sander	Ellen Sander	Ellen Sander	Ellen Sander	Zach Heilman	Zach Heilman	Praise Team	Praise Team
Elders	Phil Voge	David Schultz →						
Lectors	Marilyn Hagemoser	Connie Lastine	Marilyn Hagemoser	Connie Lastine	Wayne Hagemoser	Connie Lastine	Wayne Hagemoser	Connie Lastine
Acolytes	Tyler Olson	Ella Gebhart			Kylie Taylor	Taylor Puck		
Greeters	Connie Buss, Katie Friedrich	Connie Buss, Kevin Dougan →						
Ushers	Wayne & Marilyn Hagemoser, David Pietsch, Kris Ellis	Jim & Sandy George, Judi Charlson, Thomas Wilson →						
Coffee Fellowship								
Coffee Time Greeter	Jim & Sandy George →							
Altar Flowers								
Offering Counters	Kevin & Rita Dougan →							
Power Point	Judy Peter	Julie Coy	Judy Peter	Julie Coy	Judy Peter	Julie Coy	Judy Peter	Julie Coy
Sound Board	Tom Peter	John Murphy	Tom Peter	John Murphy	Tom Peter	John Murphy	Tom Peter	John Murphy
Altar Guild	Jan Ziebell, Connie Buss, Karen Griffin →							
Video Recorder	Steve Wilcken →							
Collate Bulletins	Mark & Janelle Swenson →							
Valet Parkers	Paul Knop		Paul Knop		Phil Voge		Phil Voge	

# St. Paul Lutheran Preschool

## January 2020



St.



EK and Bear Class (2nd Year Children) practiced for the Christmas Program held on December 15th—"Jesus is born for you!" Thank you Norma Pietsch for making the nativity costumes 16 years ago.



Lion Class practicing for the Christmas Program



The EK class learned to play Jingle Bells on their xylophones. It was a fantastic success!



The preschool sponsored an Angel Tree Child for Christmas. Each class in the preschool voted what items they should buy for the child. All the children gave offerings to purchase the gifts. The EK Class went shopping to select the gifts. Then each class wrapped the gifts and made cards for the Angel Tree Child.



They worked everyday to get ready for the program.

Happy New Year from St. Paul Lutheran Preschool

*Every good and perfect gift is from above, coming down from the Father of the heavenly lights. James 1:17*



# SILENT AUCTION

## 2022 NYG FUNDRAISER

**Our 3rd Annual NYG Silent Auction will be  
Saturday, January 11th, 2020**

**In conjunction with Trivia Night**

Some items will be available to bid on Sunday, January 5th

### **Auction Items Include:**

Basketball autographed by ISU Coach Prohm  
Iowa State quilted table runner  
Ames Park and Rec Package  
Seven Oaks Recreation Package  
2 weeks Martial Arts classes from Family Martial Arts Center

AND MUCH MORE!!!!  
Items added daily!

Bid by proxy!  
Contact Thomas Wilson to set up proxy bidding!