

AUGUST 2020

ST. PAUL LUTHERAN CHURCH
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VISIT OUR WEBSITE AT 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

Letter from Pastor

Friends in the Lord,

As the days draw closer and closer to fall, this is often the time when I write to you all about the importance of Christian education. This is the time when in our Epistle I encourage all of you to get ready to attend Bible study and Sunday School and midweek classes in the fall.

However, we are in the midst of unprecedented times. What will our Christian educational program look like at St. Paul this fall? We do not know yet, and there is no way for us to predict. Unfortunately, we live in times of so much uncertainty, where things are changing almost daily. Thank God that this good news always stands true – “Jesus Christ is the same yesterday, today, and forever” (Hebrews 13:8).

One of the many sayings we used where I grew up stated: “Good Lord willing and the creek don’t rise.” So, “Good Lord willing and the creek don’t rise,” we can realize the wish of all of us, to have our Christian educational classes here on our premises this fall. But if that doesn’t happen, due to the pandemic happening, there’s no reason for you to forego your Christian education! Did you know that the Jewish people would constantly study the Scriptures on their own? Frequently, they would do so while sitting under a fig tree. Remember that’s how Jesus found one of the very first disciples he called, a man named Nathanael – and Jesus wasn’t even present with Nathanael at the time the man was under the fig tree doing his studying. Jesus proclaimed, “I saw you while you were under the fig tree, before

Philip called you” (John 1:48). Jesus’ deep knowledge of Nathanael’s situation deeply touched him.

Jesus knows your situation, too. He knows exactly what you’re going through. And just like Jesus did for Nathanael, Jesus gives God’s Word to you, to strengthen and sustain you in what you are coping with in life. So maybe like Nathanael, you can find a favorite place in God’s beautiful creation to study God’s words of salvation which provide you with edification and fortification to help you through each moment of life. Whether that place is on your deck or at a park, in a field or on the lake, God’s Word can be read anywhere -- and God’s Word always works, whether it’s heard here at the church, read at your home, or pondered as you are upon the road, like the men with Jesus traveling to Emmaus.

So keep studying the Scriptures, because in them you find eternal life (see John 5)! Keep reading the Scriptures, because there you find the message of hope that God is with you through all the seemingly hopeless times in life. Keep reading the Scriptures, because there you receive the wondrous reminder that God loves you, died to rise and reign on high for you, and will never ever leave you. God’s Word sustained His people in the past; likewise, God’s Word sustains us, so that we may pass through the pandemic that is passing over us.

In Jesus Christ, The Word Made Flesh for us,
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, August 2

10:00 a.m. Worship at church

And

10:00 a.m. Live Stream

Sunday, August 9

10:00 a.m. Worship at church

And

10:00 a.m. Live Stream

Sunday, August 16

10:00 a.m. Worship at church

And

10:00 a.m. Live Stream

Sunday, August 23

10:00 a.m. Worship at church

And

10:00 a.m. Live Stream

Sunday, August 30

10:00 a.m. Worship at church

And

10:00 a.m. Live Stream



Wellness Team

CALM MY ANXIOUS HEART by Gretchen Zitterich

*You can eat the kale, drink the green juice,
take the supplements, do Pilates, or hit the gym,
but if you don't deal with the stuff going on in
your heart and mind--you are still unhealthy.*



Are you a worrier? Do you imagine the worst? Do you worry about making mistakes? Do you worry about your health, job, finances, career, relationships? Do you worry about the well-being of your loved ones? Do you worry about a number of things over and over again? Pastor has talked about the fact that stress is not due to the events in our lives, but rather due to our interpretations of, and reactions to, the events in our lives -- and how we fret and worry. He assured us of what God's Word says about this.

Pastor's messages reminded me of a time in my life, well over a decade ago, when stress caused great apprehension which led to great anxiety. Everyone experiences anxiety from time to time. This is normal. Anxiety is said to become a disorder when it interferes with normal lifestyle. Worry is an example of apprehensive behavior that creates a state of anxiety, an active stress response and hyperstimulation. The body produces stress hormones which can make us feel ill, often producing intense, unusual, or disturbing symptoms, and often causing us to become even more frightened. Nevertheless, in spite of its impairment, stress can be successfully overcome.

Not understanding what was happening to me, I sought information first. There is far more than can ever be put into this short article. For example, www.anxietycentre.com is an excellent website to help learn about and understand the spectrum of anxiety. Good self-help information and working with an experienced anxiety disorder therapist is very effective. Anxiety issues do not resolve on their own. The best Christian book I have found which is filled with scripture and practical and real-life examples of how God helps us through fears to trust Him and give it all to Him is Calm My Anxious Heart by Linda Dillow. It is slightly geared to women but useful for all.

My next step was my physician and The GREAT Physician. Having a close relationship with both was important. ***Fear is not from God*** (2 Timothy 1:7). In fact, as we seek God, He has promised to deliver us from our fears, as Psalm 34:4 says, ***"I sought the Lord, and he answered me; he delivered me from all my fears."*** We have a choice to make in every crisis. We can choose fear, or through the Holy Spirit's power we can choose faith (trust). Start by seeking the Lord. Submit every fear you face concerning your crisis to Him. Name your fears one by one, and say, *"Father I give this fear to you."* And know that God is committed to delivering you from all of your fears. Don't keep taking your fear back from Him to try to "help" manage it again. Spend time in God's Word, study it, and pray to Him, asking God to use His Word to produce understanding and peace.

Contentment comes from a proper relationship to God, not from a response to the circumstances. Trust God with the "what ifs" and the "if onlys" and the "whys". Remind yourself that you are not the general manager of the universe. ***"Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at mid-day"*** (Psalm 91:3-6).

Practical helps for coping with worry: 1. Keep a list of favorite scriptures on hand. 2. Carry an enlightening spiritual book to read while waiting in line. 3. Go outside. The sun affects serotonin, a neurotransmitter that affects mood. 4. If a situation is a concern, find out what God would have you do and let go of the anxiety. 5. Laugh. Laugh some more! 6. Pray without ceasing (see 1 Thessalonians 5:17-18). 7. As Pastor always reminds us, cling to Jesus' promises, for Christ is clinging on to you in His love, and He proclaims, "Do not be afraid....Never will I leave you, and never will I forsake you" (Deuteronomy 31:6).

Thrivent Members- Here is an option to use your Thrivent Action Team cards.

Camp Okoboji is looking for Thrivent members to apply for Thrivent Action Team gift cards to be used for the purchase of materials for the remodeling of the cabins that are in process. Items that the gift cards can be used for include kitchen sink and vanity, refrigerator, microwave, windows, framing materials, insulation, front door, bathroom fans, showers, siding, door locks and hardware, and more.

If you are able to apply for a Thrivent gift card for use at the camp, Please contact Ron Coy at 515-231-1041 for the details in the application and reporting process.

All the help provided is greatly appreciated by the camp.



A huge "Thank You" to all who sent cards, notes, gifts and telephone calls for my birthday last month. What a nice surprise! It took awhile to get the cards all read. Thank you again, and thank you most for continued prayers.

Al Latuska



Family Life

Homegrown Fruits of the Spirit: What is Joy?

Submitted by Thomas Wilson, Family Life Director

We all have them. We may all call them by different names: grannie, nana, memaw, grandmother. We will never forget them, our grandmas, because we always remember the joy that we had when it was time to go to grandma's house. I was lucky, I lived within a few blocks of both my grandmas. In fact, one of my grandmas lived two doors down!

My grandmas found so much joy in cooking. And as a family we loved their cooking! The food that they prepared brought us all joy, except for the liver and onions (which only brought joy to my dad). I loved my grandma Wilson's pies and cakes. Whenever we got together for holidays at grandma Vaughn's everyone couldn't wait for the Mac and Cheese. These ladies brought joy to their families through cooking, but it wasn't just the cooking, it was them opening their house, loving their families and bringing them together.

What memories do you have of your grannies, nanas, memaws, or grandmothers? What was something that brought you joy from them?

As we grow older those times of joy become just memories. We must suffer through the loss of our grandmothers passing on. But we will always remember the joy they brought us. And we pray that one day we bring that same joy to our grandchildren.

APPLICATION:

Morning Prayer: Heavenly Father, instill in my children the joy of your salvation, and sustain them by giving them a willing spirit (Psalm 52:12).

Bedtime Question: What is one way our family could be more joyful?

Additional Reading:

Read the following verses. What do these passages teach us about joy?

Proverbs 17:22

Luke 2:10

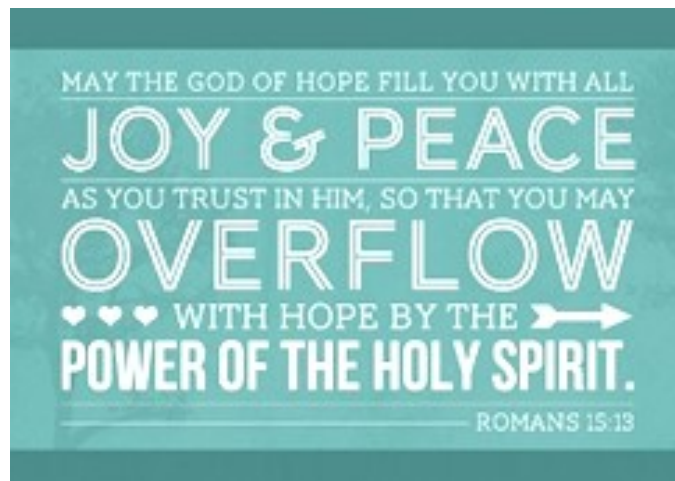
Acts 2:46-47

James 1:2-4

3 John 4

How have you seen someone rejoice in the midst of suffering?

Why do you think it's important for your children and others to see you, as a believer, have joy no matter your circumstances?



Women's Ministry



LWML Iowa West District Virtual Convention Watch Party Held

On Friday, June 19, ten women from St. Paul gathered for the LWML Iowa West District Convention. The convention was originally planned for June 18-20 up at Camp Okoboji. Since an in-person convention could not be held this year, a virtual watch party was held in the fellowship hall at St. Paul. There was plenty of food, faith, laughs and social distancing. A condensed, pre-recorded convention was enjoyed by all in attendance. Women from St. Paul that attended the watch party were Judi Charlson, Julie Coy, Brenda Dryer, Linda Peterson, LaDonna Osborn, Lindsay Roach, Vickie Roach, Breanna Wetzler, Lisa Wilson and Gretchen Zitterich.

American Heritage Girls

In spite of the obstacles that the coronavirus has thrown in our paths, the American Heritage Girls of St Paul's Troop IA2016 have continued to learn and accomplish many things. Thanks to the dedicated leaders and board for finding ways to do things virtually and safely. Registration is open August 1st to new members. Please visit the American Heritage Girls website for program overview and information. Our Facebook page at American Heritage Girls, Ames is also available. Contact Amanda McClure for info of our troop registration at asmcclure@gmail.com. This group develops girls emotionally and spiritually through service projects, leadership opportunities, social and outdoor experiences, all with an emphasis on Christian values.

Gretchen Z and Lori J attended a board meeting on May 19 to discuss planning for the coming year. The end of year awards ceremony was held on a beautiful evening, June 22nd at 6:30, at St Paul as a drive through event. It was great to see the carloads of families and excited faces as the girls received their awards.

THANK YOU! St Paul for your support of this troop.



Women's Ministry

LWML National 2019–2021 Mission Grant #12 — \$100,000 Women's Witness and Mercy Asia

Asia is a harvest field ripe for the gospel. Women in Mission realize that our grants to missionaries in the field bring God's Word to a dying world. Asia is predominately secular with Buddhist, Muslim, Hindu and other false religions. Throughout Taiwan, Thailand, Hong Kong, Macau and Southeast Asia, ten women do various mission works such as teaching, acts of mercy and witnessing the gospel. Some have husbands and families working alongside of them while others work with a team or alone. One missionary teaches 242 students about Jesus in Taiwan while another has served for 10 years planting seeds of mercy and witnessing in Southeast Asia. Whether teaching English as a Second Language in Thailand or building relationships to open doors for sharing the gospel, each woman in the mission field helps in the growth God's Kingdom. This grant will help support these women in their unique mission setting in Asia.



The pure joy of children at Concordia Middle School Taiwan



The Lutheran Women's Missionary League (LWML) still has many grants to be funded. You may send a check for your mites to the church office and we will put it in the mite box, or continue to save them and when we are able to worship together again you may place them in the large mite box.

Thank you for continuing to save those mites!



Women's Ministry

LWML Mite Update: as of 6/30/20

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

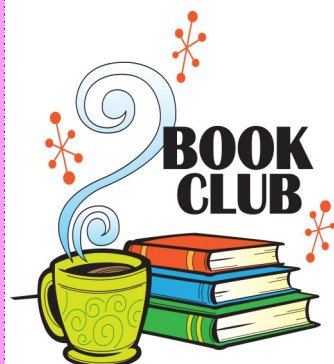
Amount Received: \$1,290,057.44

Amount Needed: \$809,942.56

We normally collect mites for missions on the 1st Sunday of each month. For more information about LWML go to 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 ~ Our quilters are still working from home. Many are making quilt tops at home and are running low on fabric. If you have fabric to donate, please bring it by the church between 8:00 am and 4:00 pm and we will get it to them.



"Book to Know to Help You Grow"

Due to Covid-19 our discussion has been changed again! We will try to meet Sept. 10 at 7:00 pm at Janelle Swenson's home to discuss "The Masterpiece" by Francine Rivers. We will also be choosing our books for the next year. Send your suggestions to Connie Lastine.

The Barnes and Noble description of this book: "*The New York Times* best-selling author of *Redeeming Love* returns to her romance roots with this unexpected and redemptive love story, a probing tale that reminds us that mercy can shape even the most broken among us into an imperfect yet stunning

masterpiece. A successful LA artist, Roman Velasco appears to have everything he could possibly want—money, women, fame. Only Grace Moore, his reluctant, newly hired personal assistant, knows how little he truly has. The demons of Roman's past seem to echo through the halls of his empty mansion and out across his breathtaking Topanga Canyon view. But Grace doesn't know how her boss secretly wrestles with those demons: by tagging buildings as the Bird, a notorious but unidentified graffiti artist—an alter ego that could destroy his career and land him in prison. Like Roman, Grace is wrestling with ghosts and secrets of her own. After a disastrous marriage threw her life completely off course, she vowed never to let love steal her dreams again. But as she gets to know the enigmatic man behind the reputation, it's as if the jagged pieces of both of their pasts slowly begin to fit together . . . until something so unexpected happens that it changes the course of their relationship—and both their lives—forever."

Date	Hostess	Book
Sept. 10, 2020, 7 pm	Janelle Swenson	"The Masterpiece" by Francine Rivers

Leadership Tips

Enhancing Your Enthusiasm

Here are some tips for developing and enhancing your enthusiasm. A leader also has the ability to develop enthusiasm in other people!

Anyone can be enthusiastic when everything is going right, but the person who can **remain** enthusiastic is the person who will step out ahead and get things started! Here are 13 ways to develop lasting enthusiasm:

1. Believe in God. Want Him. Need Him. Think about Him. Talk to Him like you talk to a close friend. Listen to His Voice. This will help you be enthusiastic when everything seems wrong.
2. Make up your mind. Things happen when you're decisive!
3. Do not save enthusiasm for special occasions — every day is special.
4. Keep learning — by reading, using new methods, taking courses, exploring, and experimenting. Be on the lookout for new ideas.
5. Hear your own voice. Make your voice say that you are enthusiastic. Make your voice your ally. Become aware of its power!
6. Associate with enthusiastic people. Make a list of them now!
7. Add variety to your life: challenge yourself by going to new places, participating in new hobbies, and developing different ways of doing household chores. Choosing different ways to do things will keep you growing, interesting, and enthusiastic!
8. Make definite plans. Think about your plans; write them down; carry that paper in your pocket. Do something about your plans. Talk about them to positive people for reinforcement, as well as to those who may be negative, as they might challenge your plans and give you opportunity to improve them.
9. Put a positive value on yourself. "I am just as good as the other person, but not better!"
10. Wear neat and attractive clothing that makes you feel good about yourself. You will walk better, feel better, and be more enthusiastic.
11. Do one thing at a time. Focus your enthusiasm on one thing. You can do many things in one day, but only one thing at a time.
12. Feel strongly about issues. Do your research so you need not always say, "I don't know." You can be tolerant and still have definite feelings. Show your enthusiasm!
13. Give people sincere appreciation and praise. Help them believe in you. Be conscious of people and their ideas.

Submitted by Lisa Wilson, from LWML "Follow the Leader"