

SEPTEMBER 2020

ST. PAUL LUTHERAN CHURCH
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AMES, IA 50010
515-232-5838

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,

In God's Word, God tells us: "Be careful, or your hearts will be weighed down with ... the anxieties of life" (Luke 21:34). Is your heart weighed down with the anxieties of life? Has the pandemic taken its toll on you? An article that I read recently states that as a society we are suffering from pandemic fatigue. For a few days, at least, we maybe got our minds off of the pandemic – but it took a derecho storm to do it (straight-line windstorm with hurricane force winds). As if we weren't winded enough already by the pandemic, we now took another forceful whack from the derecho.

What can you do in times like this?
Where can you find hope and help?
Do what the prophets and apostles

before us have done, look through the clouds to see the light of The Son. God blesses and sustains us through Jesus, as He proclaims in His loving words of promise: "The Lord is faithful, and He will strengthen and protect you" (2 Thessalonians 3:3).

We are like weak branches that the wind blows and bends with wild force. Christ is our calm in the midst of life's storm. In Him, and through His power, we are unbreakable! Please know that the Lord is with you. He loves you, died and rose for you, and is with you forevermore. May Jesus continue to keep you sheltered in His care, as you endure life's dark and cloudy storms and find your hope in God's Son's Light.

In Christ, 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, September 6

10:00 a.m. Worship at church with Holy Communion

And

10:00 a.m. Live Stream

11:30-1:00 p.m. Walk up Communion

Sunday, September 13

10:00 a.m. Worship at church

And

10:00 a.m. Live Stream



Sunday, September 20

10:00 a.m. Worship at church with Holy Communion

And

10:00 a.m. Live Stream

11:30-1:00 p.m. Walk up Communion

Sunday, September 27

10:00 a.m. Worship at church

And

10:00 a.m. Live Stream

Keith and Carol Folkmann would like to thank Pastor Jenks and members of the congregation for their phone calls, cards, care, and concern, and most importantly their prayers, this past month while Keith underwent deep brain stimulator surgeries. The outpouring of love and support was deeply appreciated. We are blessed to be in such a loving congregation! *Keith and Carol Folkmann*



To our church family,

THANKS

T is for TRUE friendship, the kind we have in you.

H is for the HELP you gave, to see us both get through.

A is for ATTITUDE that keeps our spirits up,

N for NEVER saying "no", and your continuous "checking up".

K for KNOWING peace of mind because you all were there,

S for SENDING love and hugs, and keeping us in prayer.

You'll never know how much you mean to us - but we surely know you care.

Al and Tanny

Wellness Team

Wellness Article by Pastor Jenks



Recently in a sermon, I asked you what is deep inside your heart. I also made mention of medical examinations which have revealed that I have mitral valve prolapse, a patent foramen ovale (hole in the heart), and three out of four valves with mild regurgitation. Because this is my situation, I take heart health seriously. When Wellness Team leader Connie Buss asked us who would volunteer to write an article for the Epistle, I stepped up and said that I would discuss heart health.

Some of you perhaps have seen me around town running (and some of you might actually call my running mere jogging). I run for fun, because I enjoy it, but I also run because I know that it is very helpful for my heart. However, you don't have to run to get cardio benefits. I have recently read multiple pieces of research discussing how walking can be just as good as running. The important thing is that you get your heart rate up and get your blood flowing. The National Center for Chronic Disease Prevention and Health Promotion encourages you to "move more, sit less," and suggests that you get "at least 150 minutes of moderate-intensity aerobic activity every week." The good news is that walking or running are activities that you can do wherever you go!

Healthful and heart-helpful food is also good. The same National Center suggests "more vegetables, fruits, and whole grains," as well as choosing "lean meats and low-fat dairy." In addition, "less salt, less saturated fat, and less added sugar" are heart-healthy steps we can take.

Third and finally, says the National Center, think as you drink! Replace sugary drinks with pure refreshing water and if you drink alcohol, do so in moderation. Previously studies suggested no more than 2 drinks per day for a man or 1 drink per day for a woman (one drink is defined as a 12-oz beer, a 5-ounce glass of wine, or 1½ ounces of spirits/liquor). Now newer studies have advocated that even men limit themselves to no more than one drink per day.

When I was a kid and watched Saturday morning cartoons, frequently I would see a PSA commercial from The American Heart Association featuring Tin Man from the Wizard of Oz and his forest friends. The forest friends asked Tin Man what he would do if he had a heart. He replied, "I'd be careful of what I eat, make sure it's proper for my heart." His friends next asked Tin Man, "Would you exercise each and every day?" He promptly replied, "If the doctor said it was good for my heart, you betcha, right away!" The Tin Man's forest friends wanted him to care for his heart, because they cared for him. Likewise, I want you to care for your heart, because I care about you! Proverbs 4:23 tells you, "Above all else, guard your heart." God encourages us spiritually to guard our hearts; likewise, I encourage you physically to guard the heart that God has given you.

Board of Stewardship

Psalm 150:5: "Praise him with sounding cymbals; praise him with loud clashing cymbals!" The sanctuary of St. Paul will surely be reverberating with the joyful sound of loud clashing cymbals in the years ahead, thanks to a blessed and living endowment gift from a couple from our church.

Several years ago, this anonymous couple who still worships among us, donated \$10,000 to begin a Music Ministry Endowment. Their desire is that the annual proceeds from this investment be used to enhance the music ministry in our church. This gift is invested in the LCMS Foundation, and each July 3.5% of the fund's value is sent to St. Paul.

Those who lead the music programs at St. Paul had let it be known that the addition of cymbals could enhance the music during worship services and special performances. The voters assembly approved the use of this year's Music Ministry payment to purchase additional cymbals. Thank you to our donor couple for this wonderful and "resounding" ongoing gift to our church!

If you would be interested in establishing a living or legacy endowment to help support your area of interest of St. Paul's ongoing programs and mission, please contact one of the Stewardship Committee members or the congregation's chairman. We would be happy to discuss what opportunities would be available to you, either while still active in our church or as a bequest.



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 for the details in the application and reporting process.

All the help provided is greatly appreciated by the camp.

Family Life

Homegrown Fruits of the Spirit: Peace + Patience



Patience is likely to be the most bitter-tasting fruit we will address. In a recent poll of more than 700 families, of their top parenting struggles, “losing my patience” was in the top four. How often do we find ourselves praying for patience? Rarely or never, right? *If I pray for patience, the thought goes, then God is going to put me through a trial to test it.*

And since we don’t need any more difficulties, we avoid the topic of patience altogether.

When we suffer, have to wait, or feel rejected, we get angry or upset that our lives just don’t match up to what we expected or hoped for. Over the past five months we all most likely have experienced these angers and expectations. For parents, this is especially true when they feel stuck in the survival years with screaming, sleepless kids and the harsh realization that being a parent isn’t quite what they expected it to be.

In fact, the parenting journey can sometimes feel like Matthew 8:23-27, when the disciples cried out for their lives while waves swamped their boat. Think about the waves crashing into your boat – crying babies, unruly kids, little sleep, exhaustion, discipline, health issues, and the stress it all has on your marriage. Like the disciples, however, we need to remember who is in the boat with us. You may not have any control over the winds and waves, but He does. And your trust in Him is where your peace is found. As Jesus said, “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” (John 16:33, NIV)

Being patient and living at peace requires trusting Jesus, even if it feels like He is sleeping during our trials. Cultivating patience and peace in our kids is a process that includes living with: A grateful heart, A whole heart, A present mind, a patient attitude, and Eternity in mind.

As you go through this month, think about how easy it is to lose your patience or not feel at peace with your current circumstances. As always, let’s begin there, and then put into practice what you ask of your kids.

APPLICATION:

Moring Prayer: Dear God, we pray for patience, please send to us the spirit of your peace. Please give us the strength to live our life. Amen.

Bedtime Question: How easy is it to lose your patience? What can we do to practice better patience?

Additional Reading:

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

Proverbs 15:18

Ecclesiastes 7:8

James 5:8

Romans 12:12

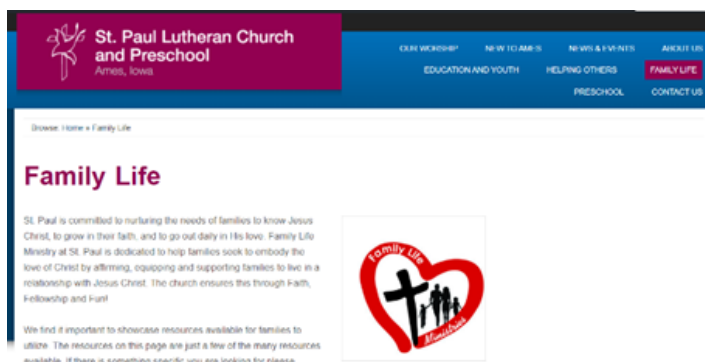
2 Peter 3:8

Family Life

Family Resources

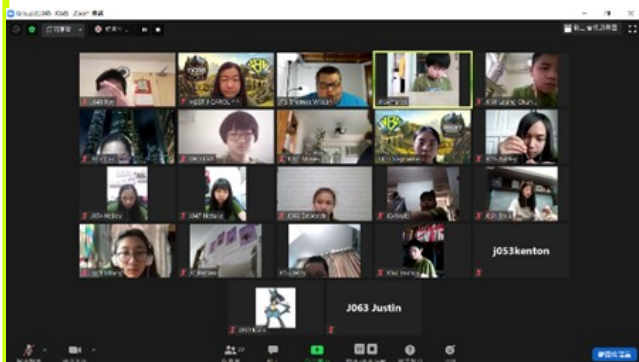
Check out the family resources on the St. Paul website (saintpaulames.org). Resources include Apps for families, podcast for parents, books, websites, and social media sources for parents.

If you have any questions please contact: Thomas Wilson, DCE – Director of Family Life Ministry, familylife@saintpaulames.org



Education and Youth

Thomas Teaches VBS in Hong Kong!



Thomas Wilson, DCE – Director of Family Life Ministry had the experience of a lifetime! On June 28th – 30th and August 2nd - 6th, he was able to share the Gospel and love of Jesus with hundreds of 7th and 8th grade students in Hong Kong through Hong Kong VBS! Teaching over ZOOM to youth that could hardly speak English, but understood the basics of the Christian faith. Many of these youth either attend the Lutheran Church or attend the Lutheran Schools in Hong Kong. With close to 150 volunteers from the US and Hong

Kong the Hong Kong VBS (which usually travels to Hong Kong each summer to teach VBS for two to three weeks) were able to bring the good news of Jesus' Saving Power to over 1,000 children and youth!

Registration Goes Online!

The Boards of Education and Youth have decided to move their registration forms for all activities: Sunday School, Midweek, LYF, Lock-Ins, online. Each family is encouraged to use the online form. Fill it out once and you are done. The form can handle the whole family in one form - no more duplicating! These forms take the place of ALL other registration forms for the 2020-2021 ministry year and will be updated yearly. Links to this year's form have been emailed to families. If you have friends who would like to join us for Sunday School, Midweek or Youth Activities (LYF and Lock-ins) let their parents know they can go to our St. Paul website and fill it out (Under Education and Youth).

 A screenshot of the '2020-2021 St. Paul Educational and Youth Registration' form. The form has a blue header with the St. Paul Lutheran Church logo and the title. Below the header, there are tabs for 'General Information', 'Behavior Rules and Policies', 'Medical/Health', and 'Parental Consents'. The 'General Information' tab is active, showing fields for 'Youth Name', 'Age', 'Date of Birth', and '2020-2021 Grade'.

Education and Youth

Why should I teach or volunteer for Educational or Youth ministries?



Each year the Boards of Education and Youth at St. Paul scramble to find the volunteers that they need to get their ministries off the ground. Many times, it is the last-minute congregational member that steps in to “help out this year”, and then the next year we are back at the beginning. So, the question arises, why? Why is it difficult to get volunteers to teach our Midweek or Sunday School classes? Why is it difficult for members to join the Board of Youth and help be role models to the children as they

have fun? Maybe instead of asking why members can't or won't volunteer, we should give them reasons they will WANT to volunteer!

I recently found an article, “4 Reasons You Should Consider Teaching or Volunteering in Kids Ministry” written by Eric Geiger. These four reasons really hit home, and I hope they spark interest in you!

Four reasons you should consider volunteering in the kids' ministry at your church: (Or at St. Paul it is Educational and Youth ministries), by Eric Geiger, October 19, 2018.

1) You will enjoy it!

Serving God by serving kids is fun. Kids say some of the most hilarious things. They often want to learn and tend to respect the leader who is offering them instruction. And let's be honest; children tend to have more fun than most big people. Being in a kid's ministry gives you an opportunity to be surrounded by the optimism and creativity and joy that kids bring.

2) You will have an impact!

Those who serve kids are choosing to invest in others during their most impressionable years. While kids are impressionable, they are not innocent. None of us are. The Bible says we are sinful from the time we were conceived. All of us need the grace of Jesus to change us, and those who serve in kid's ministry are helping kids encounter God's grace.

3) You will be reminded of the nature of the faith!

Jesus told a crowd one day that unless we become like children, we will not enter His Kingdom. There is a major difference between a childish faith and a childlike faith; God affirms the latter and rebukes the former. It is not surprising when children are childish. But they also give us glimpses of childlike faith. Not only are they trusting but also, they still have the gift of awe, a sense of wonder, which gives us a great opportunity to point them to the most awesome story of all.

4) You will learn to communicate truth more effectively.

Teaching and leading kids likely will help you more than it helps them. You will learn how to take the truth of God and communicate it in ways that are understandable.

As we head into the fall activities at St. Paul, and in just a short time from now we will be asked to decide on our areas we want to volunteer in for Loyalty Sunday, we ask that you prayerfully consider getting involved with the Educational and Youth ministries at St. Paul. If someone from these boards approaches you about serving in their ministry, you are being offered a major honor. Go for it!

Fall Education

At the time of this publication being printed the Board of Education had not yet decided on Fall Sunday School. However, we would like you to know the decision on Midweek for the fall.



Starting in September we will have in-person Midweek for 3rd & 4th, 5th & 6th, and 7th & 8th grade classes. Janelle Swenson will continue to teach the 3rd & 4th grade class; this class will meet in the large classroom off of the youth room (where the 5th & 6th grade Midweek class met). 5th & 6th grade Midweek (Confirmation 1), will be meeting in the Fellowship Hall and will be taught by Thomas Wilson. Pastor Jenks will continue to teach Confirmation II (7th & 8th grade), their class will meet in the Sanctuary. At this time we feel it is best to not have midweek for K-2nd grade. We do not feel we have a large enough space for this class to properly social distance. The other classes will all be in larger areas where social distancing is possible.

There will not be a yearly Midweek/ LYF kick-off this year. Midweek classes begin: Wednesday, September 9th. Midweek will run from 5:00 – 6:00 PM.

All Midweek classes will abide by the procedures and protocols outlined by the Board of Elders Re-opening committee (Policies set for restarting in-person service). We highly encourage youth to wear masks and to remember to remain 6 feet away from others while at the church. This year we will not have shared treats. Individuals are encouraged to bring snack and something to drink (water, juice, pop, etc.) for themselves.

If restrictions are lifted, we will reevaluate and communicate changes to parents. Thank you for your understanding. If you have questions or concerns please feel free to reach out to Amy Carver (Chair, Board of Education), Thomas Wilson, DCE – Director of Family Life, or Pastor Jenks.

2020 RALLY DAY!!!!



Even though we can not all be together yet, and even though we are not sure what Sunday School will look like this fall, we still need to get excited for it!

Sunday, **September 13th** is our Sunday School Rally Day! It will be the kick off to our 2020-2021 Sunday School year and our complete educational ministry! Let's Catch the Excitement!

On this same Sunday the Board of Education has the pleasure to hand out Bibles to all the 3-year old's, 3rd graders, and 7th graders from St. Paul. If you have a child who is a 3-year-old, starting 3rd or 7th grade you are invited to attend worship on Sunday, **September 13th** to receive their Bible. If you are not ready to attend in-person service the Board of Education will be hosting a Drive Through pick up from 12:00-1:00 PM on Sunday (**September 13th**). We encourage the families to either attend in-person worship or to come through the drive through on that Sunday!

Women's Ministry



September to Remember

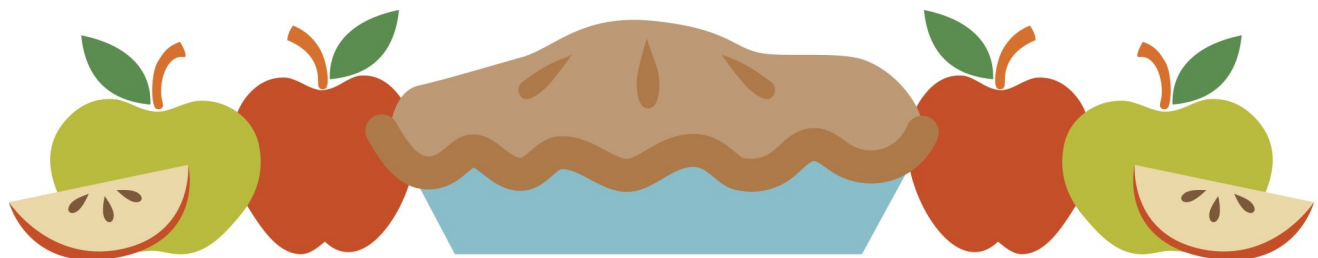
GivingTuesday – a day of giving, typically celebrated on the Tuesday following Thanksgiving. This year the Lutheran Women's Missionary League (LWML) is celebrating this event on September 15, 2020, our LWML SEPTEMBER TO REMEMBER.

We remember loved ones, a mentor, an LWML sister, or a pastoral counselor...someone who kindled our love for doing the Lord's kingdom work. Write a note to someone who inspired you in your walk with our Lord and your support of the LWML. We encourage you to share your LWML story of that person on Facebook (Lutheran Women in Mission – LWML), donate toward the LWML Mission Goal in honor of that someone special, and pray for our mission grants.

The goal is to use GivingTuesday to spread the Gospel message by collecting money and raising awareness for LWML Mission Grants, which share the love of Jesus throughout all nations.

Give on Tuesday, September 15, 2020 and DOUBLE YOUR IMPACT! All GivingTuesday donations will be matched, up to \$10,000 in matching funds!

Visit www.lwml.org/givingtuesday on Tuesday, September 15 to make your donation.



40 Days for Life Prayer Vigil

The organization 40 Days for Life will be having a prayer vigil September 23 through November 1. 40 Days for Life is an internationally coordinated 40-day campaign that aims to end abortion. The organization's goals are in line with those of Lutherans for Life. If you would like to participate in the prayer vigil or would like more information about the prayer vigil or the organization, the local contact person is Laurie Willson. Phone- 515-720-7868 or email- kevinlaurie777@gmail.com Website: www.40daysforlife.com



Women's Ministry

LWML National 2019–2021 Mission Grant #13 — \$30,000 Digital Media Development

The mission of Lutherans For Life (LFL) is to equip Lutherans to be Gospel motivated voices for life. Life issues, like abortion, embryo experimentation, and physician assisted suicide are not political or personal choices but matters of the heart that effect people, neighbors, loved ones, and family. In America some 30 million women have undergone abortions since 1973 of which 54% identify as Christians. Suicide rates nationwide are rising. Physician assisted suicides are escalating. Digital media offers an open mission field to address these and other life issues. Yet much online communication degenerates, disrespects, and devalues life. LFL believes our Savior is calling us to speak the truth in love. This grant would fund infographics, memes (pop culture snapshots with captions), shareable video clips, webinars, and podcasts. This digital media initiative will serve as a visual witness and virtual conversation for Lutheran individuals and congregations to engage people using social networks like YouTube, Facebook, iTunes, and Instagram.



Abortion, embryo experimentation, and assisted suicide afflict millions of our neighbors with fear, grief, and guilt that drive them away from the Heavenly Father and leave them searching for answers and salvation.



ARE YOU READY TO PUT THOSE SMILES ON GIRLS' FACES?

WHAT: DRESS A GIRL AROUND THE WORLD

WHEN: **ANYTIME IN SEPT, OCT, NOV. AND DEC.**

WHERE: AT YOUR HOME

WHY: TO PUT SMILES ON GIRLS AROUND THE WORLD WHO DON'T EVEN OWN ONE

DRESS (Pick up supplies from Linda Peterson)

(Those of you that have sewing ability and want something to do at home can get the pattern to trace and the instructions and sew at home — see Linda Peterson.

Women's Ministry

LWML Mite Update: as of 7/31/20

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

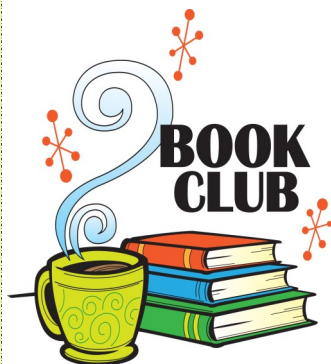
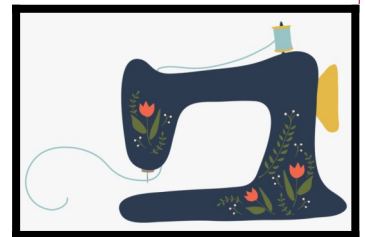
Amount Received: \$1,344,518.16

Amount Needed: \$755,481.84

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"

The Books to Know group will meet September 10th at 7 pm to discuss *Masterpiece* written by Francine Rivers. YEAH!! Some members want to meet virtually and some members would like to meet in person for our discussion. So members can attend the meeting via Zoom or get together in the Fellowship Hall. Those who meet in the Fellowship Hall will then join the rest of the members via Zoom from the Fellowship Hall. Should be fun.

The request to use the Fellowship Hall was sent to the Board of Directors. The request to meet September 10 at St. Paul, in a small group setting in the fellowship hall for the "Book to Know" book club, was approved -- provided the attendees/members of the book club accept and implement these three criteria:

- 1) Each participant who attends willingly accepts that she/he is voluntarily assuming a personal risk to health and/or life by attending in person during the ongoing COVID-19 pandemic.
- 2.) Social distancing will be required and utilized.
- 3) Masks will be strongly encouraged.

