

OCTOBER 2020

ST. PAUL LUTHERAN CHURCH
610 15TH ST.
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

What does it mean to be a Lutheran? Have you ever been asked that? Can you provide an accurate answer to the question? We hear the answer every Sunday, as our Law-Gospel sermon reminds us that we are sinners who have a wonderful Savior, who took our punishment to earn our forgiveness. However, we hear the core message of the Lutheran faith in a very special way each year on Reformation Sunday: You are saved because of what Jesus Christ did for you. You are saved because your Savior paid the price for your sins. You are saved by all that Jesus did, not because of anything that you do. "For it is by grace you have been saved, through faith, and this not from yourselves, it is the gift of God—not by works, so that no one can boast" (Ephesians 2:8-9).

Every October, we Lutherans are filled with excitement as we anticipate our Reformation Celebration. This special celebration is always held on the last Sunday in October. This year, October's last Sunday is a 4th Sunday, when we usually have informal worship with music provided by the praise team. So that our

Reformation worship can include organ and traditional worship, our worship format schedule in October will be revised, with informal worship with praise team music on October 18, the third Sunday of the month.

Plan to join us October 25 as we celebrate God's grace on Reformation Sunday! As Martin Luther reminds us, "This is forgiveness of sins for the sake of the Lord Christ....Grace is freely given to the most undeserving...and is not obtained by any strenuous efforts, endeavors, or works, either small or great, not even by the efforts of the best and most honorable of men.... You dare not imagine that it was done for nothing or cost little. ...Grace and life were given you, but it meant bitter work for Him. It cost Him much. He earned it at the expense of His own body, blood and life."

Celebrating God's grace for us in Jesus,

Pastor Jenks



Inside this issue:

Worship Schedule / Work Days	2	Am. Heritage Girls	9
Stewardship	3	Women's Ministry	10-12
Wellness Team	3-4	Anniversaries / Birthdays /	13
Family Life	5-6	Directory Updates	
Education & Youth	7-8	BOD Minutes	14-15

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, October 4

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, October 18

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, October 11

10:00 a.m. Worship at church

And

10:00 a.m. Live Stream

11:10 a.m. Live Stream

Bible study

Sunday, October 25

10:00 a.m. Worship at church

And

10:00 a.m. Live Stream

11:10 a.m. Live Stream

Bible study

The Trustees will hold the church Fall Work day on November 14, beginning at 8:00 a.m. Please plan to come and help out if you are able, one hour or until we are finished. All are very much appreciated.

St. Paul Trustees



The Camp Okoboji Fall Work days are Oct. 9 & 10. Since the spring work days were cancelled, there is much to do to get the camp ready for the winter months. The camp will provide lodging on Friday night and meals Friday night and Saturday.

If you are able to help, please contact Charles Ellis to sign up.

immachief@gmail.com or
515-708-8574



Board of Stewardship

The Lord speaks to us in John 15:5: *"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."*

A wise elderly parishioner commented years ago: "Miss church one Sunday, and that is understandable...things in life can sometimes keep us from attending. Miss two Sundays in a row, and it becomes much easier to miss Sundays three, four and beyond."

Oh, how these words ring true! We all know the full and satisfying feeling we experience when we gather weekly to receive spiritual nourishment that comes from Jesus, our Vine and Provider of all blessings. When we fall away from the Vine, even for a short while, we quickly become less nourished spiritually and it becomes easier and easier to grow apart from the Lord.

The same can be said for all aspects of spiritual life...not just weekly church attendance. Devotion and prayer, acts of Christian kindness and goodwill, and yes, even giving regular offerings to financially support our church, are strengthened when they become a joyful and constant part of our daily lives.

Even though all cannot gather as one each Sunday during this pandemic, we have been blessed through alternate means of worship to stay connected to Jesus, the Vine. We encourage each of you to enjoy the daily nourishment Jesus also offers through prayer, Bible study and devotion as part of your personal stewardship that God encourages and deserves. We praise God for your ongoing financial support of St. Paul during these trying and unusual times as you gladly return the blessings He richly provides. ~~Stewardship Committee

Wellness Team



Wellness Article by Connie Buss, St. Paul Wellness Team Leader

Wellness Tips As We Transition to Fall

As I write this Wellness Article at the beginning of September, it feels like October! The furnace is running, the garden produce is winding down and it is harder to get in those long walks. Time to switch gears and figure out how to keep the fruits and vegetables on our plates and how to move more when it is chilly and, sometimes, downright unpleasant outside! Pastor talked about the importance of exercise last month for heart health, but did you know that exercise also decreases some cancer risks, diabetes, and depression, too?

Moving 150 minutes/week (or 30 min/day at least 5 days/week) can be challenging in colder weather. If you feel safe to go to the mall or gym, great! If not, bundle up and get some fresh air or do something in your home. Pair the movement with a friend, with something fun like uplifting music, book on tape, etc. I walk in the house on lousy weather days, and Jon tells me that I am just trying to get new carpet! So far, it has not worn out yet, so I just keep walking!

How do we know if we are eating enough vegetables and fruits? US Dietary guidelines recommend at least 1 ½ to 2 cups of fruit and at least 2 to 2 ½ cups of vegetables every day. Are you eating enough? With enough vegetables and fruits, you are more likely to get enough fiber and lots of vitamins and minerals.

Continued on next page

What kind of vegetables and fruits are best? Fresh is always good, but with fewer choices in the grocery store, frozen, canned (maybe use the lower sodium or lower sugar choices) and dried are all good alternatives! (Only one small glass of fruit juice is recommended daily though due to its more concentrated sugar content.) A colorful side of vegetables can help fill you up and fruits help satisfy the sweet tooth. Mix them in casseroles, stews, soups, stir fry, salads, or use in snacks. Try new recipes, and new seasonings, to make healthier eating more enjoyable.

The following are a couple of recipes modified from the Story County 5+5 Challenge several years ago.

FALL FESTIVAL FRUIT SALAD

1 bag of mixed greens with 1 cup fresh spinach leaves, cleaned and torn into bite sized pieces

1 medium red apple, cored and thinly sliced

¼ pound grapes, sliced in half

1 cantaloupe or other melon, seeded, pared and cut into chunks

Pomegranate seeds (optional)

Citrus Dressing

Arrange apple slices, grape halves, and melon wedges on a bed of the salad mix. Sprinkle pomegranate seed over top. Drizzle Citrus Dressing over all. Toss to serve. Makes 4 servings.

Citrus Dressing

¾ cup plain yogurt (or Greek yogurt)

¼ cup unsweetened orange juice concentrate, thawed

Combine ingredients gently until smooth. Makes 1 cup.

AUTUMN MEDLEY STEW

2 cans stewed tomatoes (15 oz)

1 yellow onion, cut into strips

3 medium carrots, sliced into coins

1 green pepper, coarsely chopped

2 red potatoes, raw, diced

3 boneless chicken breast halves

3 cups cooked brown rice or barley

½ teaspoon black pepper

1 teaspoon rosemary

1 teaspoon Italian seasoning

3 cloves garlic, crushed

In a large kettle, simmer chicken breasts in 2 cups water or chicken broth. Add onion to chicken as it simmers. While it is cooking, prepare other vegetables. After chicken is cooked, about 15-20 minutes, remove chicken and shred or cut into chunks. Add carrots, green peppers, potatoes, and spices to the broth mixture. Return chicken to stew. Simmer 30 minutes or until carrots and potatoes are done. Add brown rice/barley and simmer 10 more minutes. Makes 6 servings.



Family Life

Homegrown Fruits of the Spirit: Living with a Grateful Heart

What first comes to your mind when you hear the word peace? Today we take selfies while holding up the universal two-finger gesture for peace, which originated in 1958 by Gerald Holtom for the British Campaign for Nuclear Disarmament. In fact, the anti-nuclear organization has often been at the forefront for peace in the UK and around the world.



In spite of the genuine and heartfelt desire for no war, the peace that comes from the fruit of the Spirit doesn't come from without; it comes from within. To picture biblical peace, let's think back to the image of Jesus sleeping in the boat during the storm in Matthew 8:23-27, with the waves swamping the boat and the disciples crying out for their lives. If only we could find a way to trust God more in lives to have that peace. Actually, we can. And it's a bit simpler than one might think. But it takes discipline and gratitude.

Yes, to have more peace in your life, add some gratitude. In other words, focus your mind on how God already comes through for you each and every day. In Romans 12:2 we read, "be transformed by the renewing of your mind." We need to transform and renew our minds to find peace by asking ourselves regularly, "What are we grateful for?" Continually answering that question will help us, and others, to transform our mind to think positively. To maintain a grateful heart will take time and discipline!

Oftentimes, a deep sense of fear is what prevents us from transforming our mind, finding peace and being at rest. We don't feel peace because we're not safe in our mind, body or estate. Read through Matthew 6:25-34. What one thing jumps out to you personally about Jesus' words?

Gratitude is nutrient rich soil. When storms – no matter how big or small – threaten to destroy the crop, people who harvest the fruit of peace turn to their Father in heaven. But the prayer begins with thanks to God – both for all He has done and for all He will do, even in the storm. Peaceful people have learned to look back on their lives for how God has come through for them in the past – never leaving them or forsaking them.

APPLICATION:

Moring Prayer: Father, fill my heart and mind with Your peace when I am anxious.

Bedtime Question: When do you feel most at peace?

Family Life



The fire will be HOT!

Come on out to McFarland Park (56461 180th Street, Ames) for our Annual Family Campfire Night on Saturday, October 10th at 5:30 PM! Come and enjoy hot dogs, hot chocolate, apple cider, s'mores and FELLOWSHIP with your brothers and sisters of St. Paul!

Come early and get some game playing in. Eat to your heart's content and sing along with Steve and Seana!

ALL members are welcome to attend! Come when you can, leave when you need to. Just make sure to mark your calendar to attend!

OPERATION CHRISTMAS CHILD RETURNS!

The Family Life Ministry office will be "hosting" Operation Christmas Child again this year!

How great it is for us to serve God by giving to those that are in need. Boxes will be available for pickup on Sunday, October 11th! All of our boxes to hand out will be PLASTIC SHOE-BOXES! Boxes will need to be dropped back off by Sunday, November 15th.



If you have questions please contact Thomas Wilson, Director of Family Life Ministry.

Family Resources



Check out the family resources on the St. Paul website (saintpaulames.org). Resources include Apps for families, podcasts 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

Trunk-or-Treat is On for 2020!



Get your costumes ready and join the Board of Education and the community for Trunk-or-Treat 2020 on Sunday, October 25th. It will look a lot different this year, but still the same!

We will have the walk-through Trunk-or-Treat from 2:00 – 3:00 PM in the parking lot at the church. And then at 3:30 we will have a drive-through Trunk-or-Treat for those that wish not to get out of their cars because of COVID.

There will NOT be games or cookies this year!

Registration Goes Online!

The Boards of Education and Youth have decided to move their registration forms online for all activities: Sunday School, Midweek, LYF, Lock-Ins. 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 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 web-site and fill out the form (Under Education and Youth).

If you have not completed the online registration please complete it as soon as possible!

Education and Youth

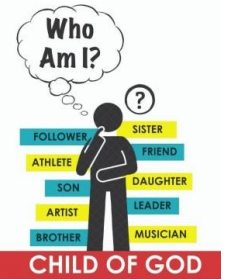
Join us for our first LYF event of the year on October 14! The event will be from 6:15-8p in the Fellowship Hall for grades 3-8. We will be decorating pumpkins and discussing how God's love shines through us. More information will be out soon. Participants must sign up in advance due to space limits and safety protocols. Masks will be required.



IDW Jr Youth Gathering October 17 -Virtual and in-person here at church!

Come join us for a few hours of devotions, games and live streaming with music by Swen and Dean; play games like Kahoots; hear from Pastor Ben Johnson and the funny skits of Tim Kightlinger! We will be exploring the theme "Who am I?" All of this is at No cost. If you don't want to join us at the church we can provide you the link to participate at home. We will be practicing the safety protocols and masks must be worn.

Look for times and more information out soon!



Save the date! - IDW Sr Youth UnGathering November 20 - virtual and in person here at church! No registration fees. The event is based on the theme "2020 Faith." The live stream portion will include music by Izaak from Camp Okoboji; words of inspiration and hope from Tanner Olson; and Shelly Schwalm from the 2019 NYG will be the main presenter. Safety protocols will be followed while at church. More information will be made available soon.



Evangelism

Drive By Free Popcorn

Saturday, October 3, 10:00 am to 12:00 pm

The Evangelism Board will treat all to a family size bag of popcorn on Saturday, October 3, 10 am to 12 pm.

Just drive up and we will give you a bag (or 2) to enjoy at your soccer game or just for family fun.

We appreciate your faithfulness to God and our church.



American Heritage Girls

St Paul's American Heritage Girls Troop IA2016 got off to a great start on September 14 outside under blue skies celebrating the 25th anniversary of the national organization and the 5th birthday of our troop. Under those masks were many smiles as the leaders and children got to know each other. Forty-one girls make up four levels: Tenderhearts, Explorers, Pioneers, and Patriots. Older girls are assuming more leadership roles this year and we all will review our key words and learn how each girl can be: compassionate, helpful, loyal, honest, perseverant, pure, resourceful, respectful, responsible, and reverent. Thanks to the dedicated leaders and board for finding ways to do things safely in these changing times.

American Heritage Girls is a Christ-centered character and leadership development program for girls 5 to 18 years of age. AHG is dedicated to the mission of building women of integrity through service to God, family, community, and country.

Women's Ministry

Kingdom People Produce

Kingdom Fruit

LWML Sunday, October 11



The Women of St. Paul will be celebrating LWML (Lutheran Women in Mission) Sunday on Sunday, October 11. You will have the chance to hear and learn about LWML and our ministry. In response to God's grace and empowered by the Holy Spirit through Word and Sacrament, Kingdom People (in the LWML) Produce Kingdom Fruit for the season of our whole life on this earth.

Please join in person or via livestream and don't forget to wear purple.

Fall Women's Bible Study Starting Soon!

Note: We have heard from various women that they would like a women's Bible study with less advance preparation and time investment required outside of the actual session(s). Read the following update, ladies, as that is exactly what the new format is trying to accomplish!

Here's the plan as of right now...

We will start in October and to start off, we will meet on the first, third and fifth Mondays (if there is one) of the month. We will keep the time at 5:45 pm Monday evening in the same basement location, the board room. As of right now, it will be me leading the group, but if things change, I will work on getting a partner. To start we will be using Bible studies from the LWML website. The first few will be short, one session study and depending on where the group wants to go, it could grow to a few multi-session studies. At this point, there will be no required book for purchase. I will provide the materials needed. I'm hoping to keep the studies at 1-4 week sessions, so that if some of you women miss a week, you won't feel like you missed a large chunk of the lesson. There won't be any required prep work needed for the next week. I want you to come, join in and feel welcome to attend whenever you can!

Please let me know if you have any questions.

Lisa Wilson, Chair of Women of St. Paul



Women's Ministry

LWML National 2019–2021 Mission Grant #14 — \$50,000 Hope and Healing Hub of Downtown Lincoln

God has used the ministries of the University Lutheran Chapel (ULC) to reach students with the Good News of Jesus Christ. The connection between ULC, international students, and young adults in the downtown community is an important one which will provide those in need with Christian counseling services in a comfortable, easily accessible space. Research shows young adults are especially susceptible to depression leading to suicide making it the second most common cause of death among college students. ULC sits on the very edge of the University of Nebraska campus in the heart of Lincoln. It is the hope of The Lutheran Church-Missouri Synod Nebraska District to use this building and its location as a hub of hope and healing for the students and young adults in the downtown community. It is our prayer that the students and community members who use this Hope and Healing Hub might be drawn into a relationship with Jesus, leading to faithful participation in the Word and Sacrament ministry offered there. This grant will make the building more inviting while offering Christian counseling services through GracePoint Institute for Relational Health.



It is the hope of the Nebraska District to use this building and its location as a hub of hope and healing for the students and young adults in the downtown community who are suffering with hopelessness, depression, and thoughts of suicide.



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 packets with all the supplies from Linda Peterson)

(Those of you that have sewing ability and want something to do at home can get the packet and the instructions and all the materials in the packet to sew at home free of charge and then return the finished dress to Linda. — see Linda Peterson - call her at 515-231-4730.) The dress pattern and pocket is cut out for you.

Women's Ministry

LWML Mite Update: as of 8/31/20

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

Amount Received: \$1,418,968.37

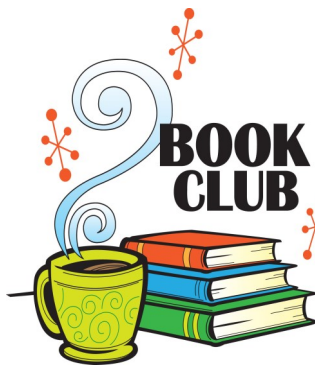
Amount Needed: \$681,031.63

We normally collect mites for missions on the 1st Sunday of each month. For more information about LWML go to www.lwml.org.

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”



In September we finally met to discuss “The Masterpiece” by Francine Rivers. It was very different as we had some of the group in person in the fellowship hall and some on zoom, but as always, we had a very good discussion.

November 12 at 7:00 pm we will discuss “While We’re Far Apart” by Lynn Austin. The exact format for our discussion has not been decided yet, but we will keep you posted by email. If you do not get the Book Club emails, but would like to receive them, just let the church office know.

“While We’re Far Apart”: In an unassuming apartment building in Brooklyn, New York, three lives intersect as the reality of war invades each aspect of their lives.

Young Esther is heartbroken when her father decides to enlist in the army shortly after the death of her mother. Penny Goodrich has been in love with Eddie Shaffer for as long as she can remember; now that Eddie's wife is dead, Penny feels she has been given a second chance and offers to care for his children in the hope that he will finally notice her and marry her after the war. And elderly Mr. Mendel, the landlord, waits for the war to end to hear what has happened to his son trapped in war-torn Hungary.

But during the long, endless wait for victory overseas, life on the home front will go from bad to worse. Yet these characters will find themselves growing and changing in ways they never expected--and ultimately discovering truths about God's love...even when He is silent.

Date	Hostess	Book
Nov 12, 2020, 7 pm	TBA	“While We’re Far Apart” by Lynn Austin
Jan 14, 2021, 7 pm	TBA	“Becoming Mrs. Lewis” by Patti Callahan
March 11, 2021, 7 pm	TBA	“Saving Amelie” by Cathy Gohlke
May 13, 2021, 7 pm	TBA	“Bread of Angels” by Tessa Afshar