

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

Thanks be to God that more and more of our members are joining us for in-person worship each Sunday! Our worship attendance numbers in our sanctuary are growing and booming. There is nothing like being in God's house! What a special feeling to gather with our fellow Christians to be blessed and strengthened through God's Word and Sacrament.

As you return to worship in our church, do you feel like you are crawling out of a dark space into a place of light and life? Paul proclaims: "You are all children of the light....We do not belong to the night or to the darkness" (1 Thessalonians 5:5). We have come through a very dark time during the darkest days of the coronavirus pandemic, yet God was with us and has brought us through. What a blessing it is to come to His house to tell Him THANK YOU!

How do you personally tell God thank you for bringing you through the pandemic? With your praise, with your prayers, and with your offerings. The Scriptures tell us: "Ascribe to the Lord the glory due his name; bring an offering and come into his courts. Worship the Lord in the splendor of his holiness" (Psalm 96:8-9).

The Lord promises to care for us and watch over us, and He truly has. Each

death in our nation has been tragic, but the pandemic could have taken many more of us (think of and pray for our sisters and brothers in India). If you are reading this, you survived. You are alive because God brought you through!

The Israelites gave special offerings when God brought them back from the darkness of exile. Noah made a special offering when God brought Him through the dangers of the flood. Will you also make a special thank offering, in thanks to God for bringing you through the darkness and danger of the pandemic? "Oh give thanks unto the Lord, for He is good, His mercy endures forever!" (Psalm 107:1).

In Jesus, who brings us out of darkness into light,

Pastor Jenks



Inside this issue:

Worship Schedule / Directory changes	2
Stewardship / Camp Okoboji report	3
Wellness	4
Family Life	5
Education & Youth	6-8

Women's Ministry	9-10
Birthday and Anniversaries	11
Am. Heritage Girls	12
Board of Directors	13-14

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, June 6

8:15 a.m. Worship at church
with Holy Communion

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

And

10:00 a.m. Live Stream

Sunday, June 13

8:15 a.m. Worship at church

10:00 a.m. Worship at church

And

10:00 a.m. Live Stream



Summer WORSHIP SCHEDULE

As more people
are returning to in-
-person services,
watch your emails
for any changes in
the worship
schedule.

Sunday, June 20

8:15 a.m. Worship at church
with Holy Communion

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

And

10:00 a.m. Live Stream

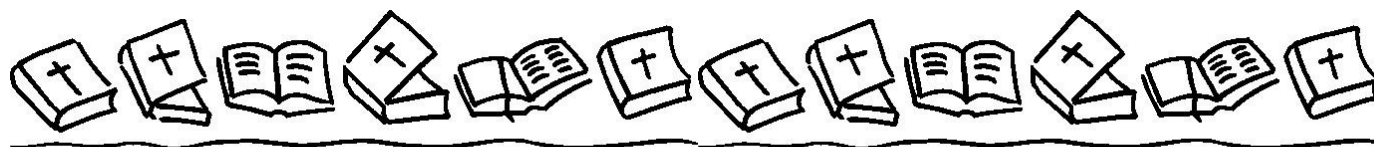
Sunday, June 27

8:15 a.m. Worship at church

10:00 a.m. Worship at church

And

10:00 a.m. Live Stream




Stay Close
TO
God
THIS
Summer



Camp Okoboji Annual Meeting Report by Ron Coy

The Annual Meeting of Camp Okoboji was held on April 10th. We had 50 delegates in attendance and 99 total attendees. Elected to serve on the Board of Directors were Pastor Robert Zellmer, Rhonda Mohr, and Dayna "Joy" Brown. The meeting focused on how Camp Okoboji was blessed, in spite of the disruptions created by COVID-19. Our focus on Family Ministry was very positively received. Camp had a solid year financially and continued to make needed facilities upgrades and improvements. Your Board of Directors has made the commitment to complete a new Long Range Plan to present at next year's Annual Meeting. The Auxiliary Grocery Shower and Theme Basket Auction received a wonderful response to resupply the kitchen and Theme Basket funds to purchase new picnic tables.

The Dorm Cabin conversion project will go on hold for the summer with the completion of Ephraim (Cabin #7). Work will start up again in late August or early September with the anticipation of completing 3 additional conversions during the winter of 2021. Cabins #8 and #9 are fully funded and we will continue to seek opportunities to fund Cabin #10.

Benjamin Breckenhoff is our new full time Maintenance person at Camp Okoboji. Loren Schultz and Ron Coy are co-chairs of the camp Construction Committee to assist with construction needs at the camp.

Work weekend (Apr 30-May 1) was a big success. 60 volunteers came out to help get the camp ready for summer, including 9 people from St. Paul. THANK YOU!!!

Board of Stewardship

Psalm 9:1: *"I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds."*

Joyful Christians come in all ages—and from all walks of life. We are chosen by God to be His voice in helping to proclaim the Good News of salvation, and to be His feet and hands to seek out and serve those around us. By sharing our earthly deeds and riches with others, we in turn share the love of God that has been so evident to us throughout Lent and Easter—the death and resurrection of His Son, Jesus. It is a joy to be a caring and sharing Christian! Alleluia!

Christians inherently live a life of joyful stewardship through witnessing, serving and giving. Christians live a **lifestyle of Witnessing** to those who might not know Christ...freely and joyfully proclaiming the Gospel through their words and actions. Christians live a **lifestyle of Serving**...of helping to meet the needs of others, rather than expecting to be served. And Christians live a **lifestyle of Giving**...of generously returning earthly riches and blessings to God that He lovingly showers on us to meet our daily needs.

As joyful Christians and stewards, members of St. Paul have helped meet the church's financial needs this past year under trying circumstances. With hearts filled with gratitude and God's love, members have reduced a budget deficit of \$54,000 in early February to roughly \$15,000 in early May. As we move toward the beginning of a new fiscal year on July 1, we pray that the Holy Spirit would continue to fill our hearts with the generosity needed to reduce this deficit even further in the weeks ahead. ~~**St. Paul Stewardship Committee**

Wellness Team



HEALTH BENEFITS OF AQUATIC THERAPY

by Gretchen Zitterich

When I was first recommended for aquatic therapy ten years ago, my initial thoughts were “I’m not a “water person”. I wasn’t raised around water, I am not fond of swimming, I don’t care to be seen in a swimsuit, and I don’t want to get my hair wet!”. Well, the benefits of aquatic therapy for my osteoarthritis pain were soon realized and all fears were allayed. It also helped a great deal with my anxiety and later, post cancer. It was a welcome soothing, peaceful respite.

The long history of water therapy began as hot and cold baths used to treat disease as far back as 460 B. C. in Greece. Over the years research has established an accepted physiological basis for hydrotherapy that still stands to this day. In the US it was developed as a treatment for neurological rehab, initially in response to the polio epidemic, and then for treatment of amputees following WWII. Today aquatic therapy is used to help individuals improve balance and core stability, coordination, weight bearing, muscular endurance and strength, cardiovascular and pulmonary endurance, pain management, motor skills and control, range of motion, and circulatory function. There are conditions where it is contraindicated.

Water’s five properties make it a productive setting for treating chronic pain, healing from injuries, and recovery from surgery. 1.) **Buoyancy:** can provide support or resistance to body structures; counters gravity and that decreases weight bearing through the extremities and spine. 2) **Hydrostatic pressure:** increases as the body submerges and can act as a compression garment thus decreasing blood pooling in the lymphatic and venous systems and decrease swelling in a joint. 3) **Viscosity:** as a body part moves faster in water, it increases resistance of water against the part moving. This can assist with proprioceptive awareness in the water to help with balance. 4) **Flow and drag:** The uninterrupted flow of water assists a person moving...while the turbulent flow resists their movement....so this can be used as a resistance tool with exercise. 5) **Refraction:** The change in the direction of a wave due to the speed. This can help with “challenge exercises” in the water related to gait, balance, and posturing due to eliminating visual cues.

Wow! Now you have learned the science behind this great therapy. Many of my pool mates suffer from chronic pain conditions which may limit their quality of life e.g., back pain, fibromyalgia, osteoarthritis, joint pain, anxiety, and general deconditioning due to multiple comorbidities. They are building strength and are better able to tolerate water exercise rather than land. The water’s temp of at least 92 degrees has additional pain relief benefits. Most important is the skilled therapist’s ability to use the assistive devices and exercises that are right for you. There are many more benefits than I haven’t listed. Ask your Doctor, Medicare and most insurance covers this. After completing the recommended number of sessions, you can continue with a maintenance program for a small fee. The MGMC pool is located in the Medical Arts Building. For information call Story City Fitness Center at 515-733-4029. (or speak with me about personal experience.)



Family Life



Family Movie Nights @ St. Paul

Join us for the 2021 summer family movie nights at St. Paul. Movies will be showing outside (weather permitting) on the big screen. Bring your lawn chairs or blanket, and your pop or water. Meals will be at 6:00 PM, the movie will start at 7:00 PM.

Friday, June 18th – “A Week Away”

Friday, June 25th – “God’s Not Dead”

Friday, July 9th – “Up”

Friday, July 23rd – “Overcomer”

Friday, August 6th – “The Star”

Friday, August 20th – “Facing the Giants”



Planning for the 2021 Vacation Bible School is under way! We are excited to have this years VBS IN-PERSON! We are ready to have our youth back to learn about Jesus and celebrate the ways Jesus leads our way! Our VBS is open to all youth 3 years of age to 6th grade. Dates for VBS are Sunday, July 18th – Wednesday, July 21st, from 6:00 – 8:15 PM. Register soon to order your VBS t-shirts (\$6). All COVID procedures and policies set at the time of VBS will be followed.

Dinners are coming back!

VBS Dinners will be served each night starting at 5:15 PM for all VBS families. Weather permitting the dinners will be served outside. If weather is not in our favor, we will offer drive through dinners to be picked up, families can then park in the parking lot and eat before dropping off their children.

Education and Youth

Volunteers Needed

Each year we welcome close to 90 youth to our church for VBS. We are in need of MANY volunteers: ranging from group guides, craft leaders, storytellers, and individuals or groups to serve meals. If you are willing to serve and have a huge impact of the faith path of the youth who are participating, please contact: Carla Murphy or Katie Emery. If you are willing to help with a meal please contact Thomas Wilson.

Thrivent Cards

To help offset some of the costs of VBS (decorations, craft supplies and meals) we are looking for Thrivent Action Team cards! If you are willing to apply for an action team, please contact Thomas Wilson as soon as possible to start the application process.



LET'S PARTY!

Come join the end of the school year celebration, Friday, June 18th starting at 5:30 PM. We will have the grill going, food and desserts, water and lemonade. Along with outdoor fun games for all ages – including our NEW “9 Square in the Air”. End the night off with our first movie night starting at 7:00 PM as we watch “A Week Away”.

Education and Youth

LYF - On April 21 youth gathered for a night of food, games and good-byes to our 8th graders.



The Board of Youth want you!

We are looking for a few people to join our board and are also looking for a Vice Chair. If you like working with youth or want to meet some of our future church leaders through food, games activities and devotions, then come check us out!

We meet for an hour once a month and then have an event usually the second Wednesday of the month.

For more info contact Carla Murphy.



Education and Youth

SMALL ACTIONS
× LOTS OF PEOPLE
= BIG CHANGE

Want to make a HUGE IMPACT????

Ever thought about making a huge impact on others? You have the opportunity right now to make some HUGE impacts on the lives of the youth of St. Paul! Both the Boards of Youth and Education are looking for a few new members to come aboard and walk alongside the youth as they grow their faith through our educational opportunities (Sunday School, Midweek, Confirmation, and special events!) and our youth activities (district gatherings, lock-ins, monthly LYF events, Youth Sunday). What better way to serve God than to serve our congregation and the youth!

"He called a little child to him, and placed the child among them. And he said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven." Matthew 18:2-4, NIV

Save the dates for summer camp at Camp Okoboji

Registration is open! It's not too late! - Register Today!

We have some St. Paul youth attending and there's still time to register if any more want to go!

Kids' Kamp - June 4-6 (completed Kindergarten-2nd grade and family member) Great way to introduce youth to camp before they go on their own! \$85/child, \$135/adult.

Cub Week #1 - June 13-19 (completed grades 3-5) Bible studies, crafts, games, music and more. \$365.

Junior High Week - July 11-17 (completed grades 6-8) Bible studies, special highlights cooking a meal over an open fire, games, talent show, crafts, worship and more. \$365.

Cub Week #2 - July 18-24 (completed grades 3-5) Bible studies, crafts, games, music and more. \$365.

Youth Week - July 25-31 (completed grades 8-12). Worship, campfire devotions, small group sessions, service projects, games, a dance, talent show and crafts. \$365.

Check out the camp website for more details on COVID-19 policies. The Board of Youth, the IDW and Camp itself have funds available to help pay for registration costs. If interested for more information or have questions please contact Carla Murphy.



Women's Ministry

Your Mite Offerings have made an Impact!

Thanks for Russian and Ukrainian Translations!

The Lutheran Women's Missionary League (LWML) continues to support missions and missionaries in Europe with a series of Bible studies translated into Russian and Ukrainian. The Bible studies, written by well-known author Donna Snow, were originally published by the LWML in English. With grants from several districts, and in cooperation with the WORDrus Mission Society, eight multi-session Bible studies are now available to missionaries and individuals as free downloads. Here is a link to a thank you video from the WORDrus Mission Society: www.lwml.org/thanks

THANK YOU to all who helped make the Women's Ministry annual plant sale a success. We appreciate your help in raising funds for our mission offerings and projects for the 2021 LWML convention.



Thank you to Inez Smith, Thelma Voetberg, Tanny Latuska, and Gretchen Zitterich for the home-grown plants. We are grateful to be able to provide scholarships to assist women at St Paul to attend this joyous spirit filled event in Lexington, KY June 24-27. 180 plant units were sold and nearly \$1200 raised. This was a Thrivent



Action team event. Enjoy those beautiful flowers and each time you see them be reminded you have helped spread God's love through your assistance to the Lutheran Women's Missionary League.



Women's Ministry

DRESS A GIRL AROUND THE WORLD



We have another **THRIVENT EVENT** starting again and have packets of dresses ready to sew. Everyone did such a great job sewing dresses we would like to “do it again—put MORE smiles on little girls faces!” You can still finish the packets that you have in your home and turn them into the office. Then pick up more from the St. Paul Lutheran Church office. **Please contact Linda Peterson at 515-231-4730 if you have any questions.**

We are in need of more seamstresses!

The sewing instructions are very easy and complete. They are easy to follow and they make dresses that look similar to the picture shown.

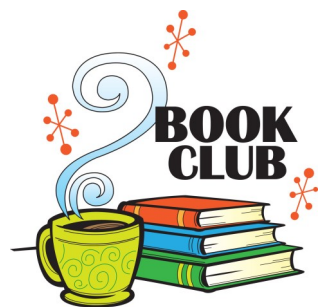
We have some packets made up. They are all cut out and waiting to be sewn with the instructions inside the packet and all you need to finish a dress. They will be out on a table for you to pick up, take home and sew, then return to church. I appreciate your willingness to help sew!

Linda Peterson

FAMILY SERVICE ~ We plan to return to our regular quilting time of 10-2 on the 2nd and 4th Thursdays in June. Please join us if you are comfortable doing so. Thank you.



“Book to Know to Help You Grow”



The next book for our book club is “A Woman’s Place” by Lynn Austin. We will meet July 8 at 7:00 pm, location will be announced later. Everyone is invited to read this book and join us for the discussion. If you would like to be added to the book club email list, contact Connie Lastine.

Barnes and Noble description on this book: “They watched their sons, their brothers, and their husbands enlist to fight a growing menace across the seas. And when their nation asked, they answered the call as well. Virginia longs to find a purpose beyond others' expectations. Helen is driven by a loneliness money can't fulfill. Rosa is desperate to flee her in-laws' rules. Jean hopes to prove herself in a man's world. Under the storm clouds of destruction that threaten America during the early 1940s, this unlikely gathering of women will experience life in sometimes startling new ways as their beliefs are challenged and they struggle toward a new understanding of what love and sacrifice truly mean.”

Date	Hostess	Book
July 8, 2021, 7 pm	TBA	“A Woman’s Place” by Lynn Austin



Faith, Service, Fun

We Made It!

By Kaylee McClure



The 2020-21 American Heritage Girls year has come to a close. From September to April, girls have been working their hardest to complete badges, service projects, and faith awards. On April 26th, we gathered to celebrate the girls and all they've done.

St. Paul Women's Ministry with the help of a Thrivent grant generously provided a catered meal from Jimmy's BBQ for the girls and their families to enjoy prior to the ceremony.

In total the entire troop earned 167 badges and almost 500 hours of service! As a troop this year Tenderhearts and Explorers earned the Nature and Wildlife badge and all three units earned the Needle Arts badge and completed their faith award.

We also hosted a campout, 2 camp-in's, and a theater workshop. Service projects for the troop included working the market at Food at First, packing for Meals of the Heartland, doing yard work for the Butterfly House, and many more. A special congratulations to all the girls who completed their level award and are moving up to the next level!

During Troop IA2016's ceremony, these four girls were celebrated for their 150+ hours of service! That's an incredible amount of community service for any given year, but especially during a pandemic year! Each of these girls found safe, COVID-friendly ways to serve their community! Amazing job, girls!



Explorers gathered at the ceremony.