

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

## Letter from Pastor

Friends in the Lord,

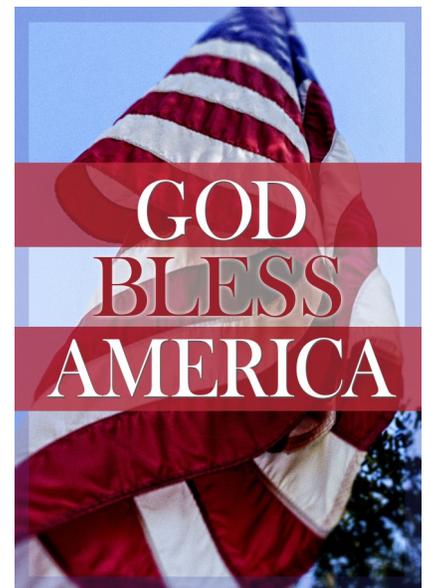
It is our custom at St. Paul that on the Sunday closest to Independence Day, we hold a special worship service to thank God for our nation and for the freedoms we have in our country. In July, as Americans, we remember the founders of our nation and the sacrifices they made for our freedom, and we likewise remember those who continue to live and die for our freedom.

As Christians, we also remember the One who lived, died and rose to win the ultimate freedom for us! Jesus Christ had to pay a price to set us free from Satan. The price was Christ's life, His blood, offered on the cross to pay the cost of our sins. "You were bought at a price" (1 Corinthians 6:20). "But now you have had every stain washed off: now you have been set apart as holy: now you have been pronounced free from guilt; in the name of our Lord Jesus Christ and through the Spirit of our God" (1 Corinthians 6:11).

This year, our special service focused on freedom actually falls on the 4th of July! Join us in worship as we thank God for the freedoms we have in this nation. Sunday, July 4, we will lift our prayers and praise to the Lord for His blessings in the United States of America. **Please note that there will be only one service, at 10 a.m., on July 4.**

Come to our worship celebration as we thank God for the tremendous freedoms we are blessed with in our country, as we pray for God to guide and bless America, and as we praise the Lord for the eternal freedom we have because of Jesus.

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, July 4*

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

*Sunday, July 11*

*8:15 a.m. Worship at church  
10:00 a.m. Worship at church  
And Livestreamed*

## Summer WORSHIP SCHEDULE

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

*Sunday, July 18*

*8:15 a.m. Worship at church with Holy Communion  
10:00 a.m. Worship at church with Holy Communion  
And Livestreamed*

*Sunday, July 25*

*8:15 a.m. Worship at Moore Memorial Park  
10:00 a.m. Worship at church  
And Livestreamed*



A special "Thank You" to all who sent cards and rendered prayers for my 84th birthday. I was allowed to spend the mid day hours with my family, have lunch with them and had a surprise visit with a lifelong best friend from California.

*I am blessed. Al Latuska*



## Board of Stewardship

### How Do I Know? By Gretchen Zitterich

As your Stewardship Chair for 2021-2022, I pray I will be able to follow and fulfill the mission of the Board of Stewardship as stated in the handbook: "To encourage members of the congregation to recognize and use their time, talents and treasure in the service of the Lord."

"How do I know if I am being called to do God's will?" The best channel to hear from God is through His word. God calls each one of us in two different ways. God's general call is to obey His Word and to love and serve others. The specific ways he calls us is to use the specific gifts and talents he has given to each of us. Getting to know that calling is accomplished by studying and hearing His Word. He also places a longing in your heart to do what He wants us to do.

God is the ultimate director orchestrating His plan and we each get to play our own unique part by determining what we are each called to do and then doing it.

*Your word is a lamp to my feet and a light to my path. Psalm 119:105*

*"Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver." 2 Corinthians 9:7*

Dear Brothers and Sisters of St. Paul,

In a slightly different approach this year due to the pandemic, **we have included Time and Talent forms in this issue of the Epistle for St. Paul members to study, fill out and return to the church.** As in-church worship and traditional church activities return closer to normal, there are many opportunities available for serving St. Paul in its worship services and everyday spiritual life.

We ask that you prayerfully consider what portion of your time and talent you can commit to God in return for the great gift He gave to each of us—Jesus and the redemption of our sins. This gift, along with the endless blessings God bestows on us every day, should encourage us to joyfully make a commitment to God in return.

The variety of talents needed to support St. Paul provide an excellent opportunity to participate in ways best suited to each member. We ask that you think about how you would enjoy serving God at St. Paul in the coming year, and indicate your interest on the Time and Talent form enclosed. Please return this form to the church and place it in the collection box in the narthex by July 25. Or mail your form to the church at: St. Paul Lutheran, 610 15th St., Ames, IA 50010. (Please indicate dates you are not available.)

No amount of time or talent you can offer is too small—we are all on God's team, and together we can use those talents to share His love and Word with others at St. Paul and within our community.

Thank you for supporting this important process in planning for the upcoming fiscal year.

In His Service,

St. Paul Board of Stewardship, Larry Wiebel, Gretchen Zitterich, Dennis Dobberke

**Church Service & Continental Breakfast  
Sunday, July 25, 8:15 am  
Moore Memorial Park,  
Big Bluestem Shelter  
3050 Northridge Parkway**



**COME, ENJOY** a continental breakfast following our annual outdoor church service to be held at 8:15.

The Board of Human Care will provide assorted donuts/pastries, fruit, orange juice and coffee. Members are asked to bring their own coffee mugs; other serveware will be provided.

**\*Please remember to bring your lawn chairs for the church service.**

## Wellness Team



### July is Healthy Vision Month

#### Staying Healthy after the Pandemic

By Connie Buss

Like many, I am thankful that the pandemic is “under control” and “mostly over” as we remove our masks, return to some normalcy with church, get together with family & friends, shop with touch, etc.! As we move forward, I reflect on what I need to do to keep my health in control. What did I “put off” during the pandemic that I need to catch up on? Do I need to schedule those well visits with my primary care provider, see my dentist, visit my eye doctor?

July is Healthy Vision Month with the National Eye Institute. To learn about this, I went to their website [nei.nih.gov](http://nei.nih.gov) and was reminded of things to do to keep our eyes healthy. A dilated eye exam is stated to be one of the best things we can do to check for eye diseases early, when they are easier to treat and before loss of vision occurs. As with most health issues, getting older increases the risk of some eye diseases, as does being overweight or obese; having diabetes, high blood pressure or, high cholesterol; having a family history of eye disease; and being of African American, Hispanic or Native American heritage.

Staying healthy can go a long way to keeping your eyes healthy. Eating healthy foods can be protective for your eyes, especially eating dark leafy greens and fish that are high in omega 3 fatty acids, like salmon, halibut and tuna. Being physically active can lower the risk of problems with diabetes, high blood pressure and high cholesterol, which can impact your eye health. Smoking can increase your risk of macular degeneration and cataracts and may harm the optic nerve.

Wearing sunglasses that block 99-100% of the UVA and UVB radiation, even on cloudy days, is encouraged. In addition, wearing protective safety glasses or goggles is important in many sports, as well as when doing some home repairs and construction work.

It is suggested to “give your eyes a rest.” Spending lengthy amounts of time at the computer can tire the eyes. It is recommended to take a break every 20 minutes to look at something 20 feet away for 20 seconds. That seems simple enough, but I know it is quite easy to stay at the computer for far too long!

Enjoy the summer, savor the wonderful colors and flavors of fresh fruits and vegetables, have fun going for walks or bike rides, and always wear those sunglasses!

## Evangelism

### Orphan Grain Train Update

Thank you for all the donations. Keep them coming as there are weekly reports of truckloads of clothing being sent all over the US and the world. I have seen the excitement of the truck arriving when I was in Texas several years ago at a mission. We send clothing but they send cases of water and food like loads of potatoes. If someone in your area has a garage sale ask them if they are donating the leftovers to charity and if they are, tell them you would like to take them for OGT. Explain what this is and ask if you can pick them up. These things are not sold as they would be at other charities. If you can't pick them up, Call Karen Griffin 515-232-8709. I will get them and get a donation slip for them. Don't forget the health items and diapers (baby and adult).

**Thank you. Board of Evangelism**

## 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, July 9<sup>th</sup> – “Up”
- Friday, July 23<sup>rd</sup> – “Overcomer”
- Friday, August 6<sup>th</sup> – “The Star”
- Friday, August 20<sup>th</sup> – “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 6<sup>th</sup> grade. Dates for VBS are Sunday, July 18<sup>th</sup> – Wednesday, July 21<sup>st</sup>, 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.

#### 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.

# Education and Youth

## Get Your Voices Ready!

**Bingo Night is BACK! Come join us for a great night of FUN and PRIZES!**



Come have fun with other members of the congregation and help out a great cause! No knowledge necessary for this event! As long as you can find the numbers that are being called and can YELL – BINGO – then you are ready to go!

Get ready for Saturday, August 14th- doors open at 5:00PM for 1 hour of fellowship (bring food and drink – share with others – make plans with other members!). And promptly at 6:00 PM the numbers will fall! Prizes will be awarded for each round!

Come and play 12 rounds of Bingo for only a \$15 entry fee. Sign up ahead of time and only pay \$10! The entry fee includes a paper game card for each round and a dauber (Bingo Marker)! Additional game cards can be purchased for \$1 for each round throughout the night!

We will also be collecting canned goods for the local food pantries the night of the event.

Sign up and pay your entry fee starting Sunday, July 18th – before and after services at the table in the Narthex.

If you have questions, please contact Erika Choate or Delann Soenksen.

## And the Winners Are.....

First we need to apologize for not publishing the winners of the NYG RecTeq RT-700 Grill raffle a few months ago! We had an overwhelming amount of support in this fundraiser, from our congregation and from supporters all over the nation. We were able to raise roughly \$3,000 on this fundraiser. And since we sold out so quickly, we decided to raffle off 2 grills!



The winner of the first grill was Dean Thelke, Dean is the father of our member Katie Emery. The winner of the second grill was Heather Driscoll – a friend of our congregation. Heather declined the grill and donated the money back to the fundraiser.

This was a great fundraiser and we are looking to hold another grill raffle for a smaller grill for just St. Paul, so keep a look out for more information later!

# Education and Youth

## THANK YOU!

On Saturday, June 12<sup>th</sup> the participants of the 2022 National Youth Gathering took part in the Nevada City Garage Sale. Thank you to everyone who donated items for the sale. We were able to make \$627 on this year's Garage Sale! Thanks for your support!



## In Need of Teachers!

The Board of Education is in desperate need of teachers for the 2021-2022 Education year starting in September. We have the following teaching assignments still yet to fill:

- 3<sup>rd</sup>/4<sup>th</sup> Grade Sunday School
- 5<sup>th</sup>/6<sup>th</sup> Grade Sunday School
- 7<sup>th</sup>/8<sup>th</sup> Grade Sunday School
- K-2<sup>nd</sup> Midweek



If you have questions, would like more information, or would like to volunteer to teach please contact either Amy Carver, Chair – Board of Education or Thomas Wilson



## The Board of Youth wants 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



## ATTENTION YOUTH AND PARENTS!

Save the following dates for the District Youth Gatherings!

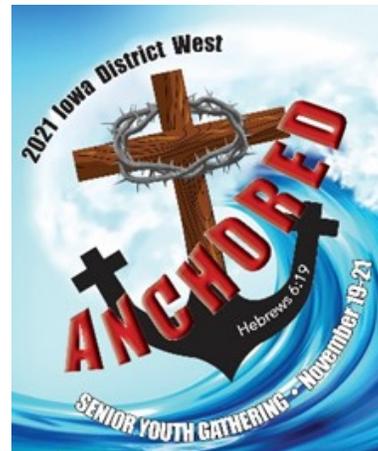
### Junior Youth Gathering

October 23-24  
Sheraton – West Des Moines  
Cost - \$ 150



### Senior Youth Gathering

November 19-21  
Holiday Inn at the Airport- Des Moines  
Cost - \$235



## Women's Ministry

### FULL HEARTS OF THANKS AND PRAISE After the Grants Have Been Paid

There is a World War I song entitled "After the War is Over," composed by Harry Andrieu, with lyrics written by Joseph Woodruff, E.J. Pourmon, and Andrew B. Sterling. The intent of the song has nothing to do with the immense blessing of paying all our LWML 2019–2021 Mission Grants, but the song brings to mind the question: What are we supposed to do "After the Grants Have Been Paid?"

The first and foremost action we should carry out is to give all praise and glory to God for the tremendous favor He bestowed on us, allowing us to fulfill our pledge to the 21 grant recipients. Through the mission offerings, many people have been blessed in various ways with material goods, comfort and support, scholarships, safety, and hope. More importantly, the Word of God has been demonstrated and shared with each and every one of these grant recipients and, in turn, with those they are striving to help.

Now that these LWML Mission Grants have been paid, we have the awesome privilege to continue giving our mite offerings. The mite donations we collect in our meetings and church are sent to our respective LWML districts. Seventy-five percent of those mite offerings sent to district will support the district's mission grants and their work program, while 25 percent of the mite offerings are sent on to LWML for support of the national 2021–2023 Mission Goal.

The opportunities we are given to assist in the spread of God's Word and His love are boundless. Please continue to be generous in your mite giving and prayerful support of all the national and district LWML grant recipients. Let us remember that the voice of Jesus is crying, asking us, "Who will go and work today?" Let our answer be, "Here am I, send me, send me!" Your mite offerings are putting you in the midst of the harvest fields that are white with the harvest waiting — waiting for the love of Jesus to be shared with all. With your prayers and with your bounties, you can do what God commands. (Adapted from Lutheran Service Book, page 826.)

### 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. **(Note: if the lace is not long enough to go across the top of the dress, put it across the top of the pockets!)**

**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 do is 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! (NOTE: All the packets will need to be returned to the church office by September 15<sup>th</sup> so that they can be delivered to the Forest City Organization for distribution to the various countries.)** Linda Peterson

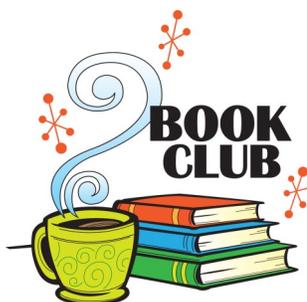
# Women's Ministry

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



## “Book to Know to Help You Grow”

Our Books to Know group will meet July 8<sup>th</sup> at the Fellowship Hall at 7 PM to discuss A Woman's Place: A Novel by Lynn Austin. It will be so great to meet in person again. Masks are optional. During this get together, we will decide as a group where we should meet for the rest of the year. We could continue to meet in the church or in member's homes as we did before the pandemic. We will meet in the afternoon in January and March.



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.”

Here are the dates we will meet next year and which book we will discuss at each date. I am really looking forward to reading the books.

Date	Location/ Hostess	Book
July 8, 2021, 7 pm	Fellowship Hall	“A Woman's Place: A Novel” by Lynn Austin
Sept 9, 2021, 7 pm	TBA	“Beneath a Southern Sky” (The Camfield Legacy Book 1) by Deborah Raney
Nov 11, 2021, 7 pm	TBA	“The Last Train to London: A Novel” by Meg Waite Clayton
Jan 13, 2022, 2 pm	TBA	“The Book Woman of Troublesome Creek” by Kim Michele Richardson
March 10, 2022, 7 pm	TBA	“Hidden Places” by Lynn Austin
May 12, 2022, 7 pm	TBA	“The Shot Caller: by Casey Diaz

**BLESS OUR MISSIONARIES** by Gretchen Zitterich

I accidentally opened a document while I was looking for something else. It spoke to me. It is something Nancy Cohen wrote in a newsletter a couple years ago. It got me thinking about, questioning, how can we bless our missionaries.... The importance of encouraging them.

“After 17 years on the foreign field, (that means I served in a foreign country for 17 years – I did NOT go in and out), I have received many blessings that kept my heart focused on my work that I would like to suggest. **Communication:** I still receive letters and cards from my supporting churches. People sharing their lives, the activities of the church, pictures of themselves and/or Bible classes. People asking about my life in the country I lived in, my health, etc. In other words, love letters of encouragement. One of my favorite (communication), was a large envelope containing home-made cards from a Sunday school class. The kids drew pictures of me, self-portraits and some even remembered my lesson for their group! Every one of them told me that they were praying for me. **Birthday/Anniversary Wishes:** Often on our special days, for those serving abroad, we can hardly wait for the mail to arrive. Cards and notes mean everything. 16 out of my 17 years overseas, were spent in 2 countries which don’t celebrate Christmas. It was a joy to receive cards during the holidays. It may cost a little extra to send, but the encouragement is priceless. While in Israel, a friend in Oregon would send me leaves during autumn, no one knows the joy that brought to my heart! It was a little bit of home and brightened my life. Cards are a wonderful way to let the missionary know you are praying for them. Now days our e-mails are scanned in foreign countries. Because it could possibly cause an issue for the missionary, snail mail can be safer. While in Russia, everything we did was scrutinized, phones, fax machines, internet use, etc. We had to use a Finnish mail service to make sure our mail hadn’t been tampered with and even then, it was sketchy. Remember the **Roegner’s** special days please – be a blessing to a very special couple. Birthdays: Bob – July 12<sup>th</sup>; Kristi – December 25<sup>th</sup>; Anniversary: August 16th, 1975.

Like cold water to a weary soul is good news from a distant land. Proverbs 25:25

**PRAYER: Pray for** your missionaries daily or at least weekly. When I was in Russia, I often would feel very alone (amongst a city of 5 mil) and knowing someone was praying for me would sustain my spirit. We could not have accomplished our work without prayers of the saints back home. **Pray for** the Roegner’s children and grandchildren here in the states, as well as elderly parents. **Pray for:** Health, emotional needs, spiritual needs, wisdom, language skills, safety, contacts, family in the States, financial needs, you get the idea.

The prayer of a righteous person is powerful and effective. James 5:16

Update from pastor Bob Roegner:

“For Kristi and me, it amounted to eight trips into the bomb shelter with over 350+ rockets shot our way into Tel Aviv from Hamas in the Gaza Strip. Most were intercepted by the Iron Dome with 30-40 rockets hitting targets in Tel Aviv, the closest of which was about 2 km away from our apartment. We are safe and fine, just a little rattled but this is the risk we accepted when we said yes, to God, four years ago before we arrived. We remember you in our thoughts and prayers! Continued Blessings!”

