

NOVEMBER 2021

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

LORI JENKS, PRESCHOOL DIRECTOR
PRESCHOOL- 515-233-1914

Letter from Pastor

Recently I traveled to California to see my parents. On the airplane flight home, I spent some time reading some significant research in National Geographic about Blue Zones, areas in the world where people have the greatest longevity.

These studies talked about the healthy food choices and life choices of the people who live in these regions. Although there were many important findings in this research, I want to mention one in particular.

Did you know that these studies of Blue Zones found that attending worship **4 times per month can extend your lifespan by 4 to 14 years?! Can you believe that?** Just by attending worship on a weekly basis, you can live a much longer life? And by the way, those were the exact numbers reported from the studies, attend worship 4 weeks per month, and live 4-14 years longer!

How can this be? Could it be that by being in God's house and by hearing God's Word, God gives you true peace and strength, which help you better cope with all the problems of this life? Weekly worship will equip you to deal with this world's trials and tribulations, as Jesus said: "In this world you will have trials and tribula-

tions, but be of good cheer, for I have overcome the world! (John 16:33)" In God's Word and through God Sacraments, God gives you what you need to overcome all the turmoil and trouble that this world will throw at you.

First and foremost, we attend worship because it is what God calls us to do (in fact, it is God's first commandment). We worship in order to give thanks and praise to Jesus, who has given Himself for us to win forgiveness for us, and who gives us life and all that we have. However, what a beautiful bonus we are given, that as we attend weekly worship services, it empowers us to live healthier and much longer lives! Thanks be to God, through our Lord and Savior Jesus Christ!

In Jesus, our Savior,

Pastor
Jenks



Inside this issue:

Worship Schedule / Choir	2
Thank you / Fall Clean Up	3
Human Care / Wellness Team	4
Stewardship	5
Education & Youth	5-7
Women's Ministry	8-9

Birthday and Anniversaries	10
Board of Directors	11-12
American Heritage Girls	13
Preschool	14
Missionary Prayers / Baskets of Plenty	15
November Service Roster	16
HOPE Gift Market order form	

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, November 7

8:30 a.m. Worship at church
with Holy Communion

And Livestreamed

11:00 a.m. Worship at church
with Holy Communion

Sunday, November 14

HOPE Gift Market

8:30 a.m. Worship at church
And Livestreamed

11:00 a.m. Worship at church

Sunday, November 21

8:30 a.m. Worship at church
with Holy Communion

And Livestreamed

11:00 a.m. Worship at church
with Holy Communion



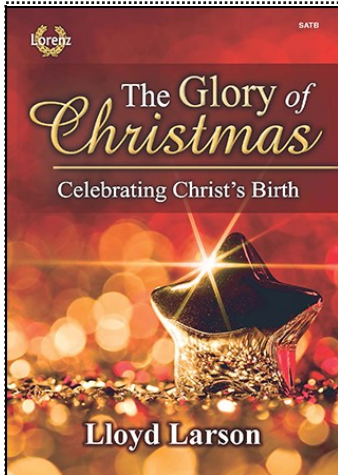
Wednesday, November 24 **Thanksgiving Eve**

7:00 p.m. Worship at church
And Livestreamed

Sunday, November 28

Only One Service

10:00 a.m. Worship at church
And Livestreamed



Hello!

The Parish Choir has begun work on our upcoming Christmas Cantata: The Glory of Christmas - written by Lloyd Larson. I had the pleasure of meeting Mr. Larson at a Church Choir Director Seminar in Lenexa, KS the summer of 2017. It was exciting to hear his interpretations of the music and realize what goes into his writing.

We would love to invite anyone in our congregation that wants to share in this exciting endeavor. The music is familiar and we do not expect perfection. I find it extremely helpful to make each voice part recording accessible to the choir to listen to outside of practice if there are notes and sections of songs that they need to hear a few extra times. Definitely not expected, but certainly of value to some singers.

If a long-term commitment to the choir is not for you, maybe this short time with our choir would suit you well and put you even more in the Christmas spirit.

Please consider joining us for rehearsals Tuesdays from 7:30 - 8:30. We are devoting at least half of our rehearsal time to "The Glory of Christmas" already and this will continue to increase each week.

Thank you for considering using your musical gifts to enrich our worship experience here at St. Paul Lutheran. The Christmas Cantata will be sung at both services on December 19. We look forward to seeing you at rehearsal!

Dan Hinderaker

Dear St. Paul Family,

Thomas and I are finally starting to feel at home in Humboldt and our minds and bodies have had time to step back and process things. I'm not even sure where to begin this "thank you." We are grateful for all of you at St. Paul. From the moment we walked in the door in August of 2013 to the day we left, we felt loved, accepted and wanted. St. Paul really is just a big family. God worked through our St. Paul family to lead us to our true callings in life. I found my niche with the LWML and Thomas has become a Director of Christian Education. Thank you for guiding us, leading us and loving us. You have helped and supported us through so much. From trying new things to deaths in the family (people and pets). We will be forever grateful for your LOVE and SUPPORT.



Please know that you all have an open-ended invitation to come visit us anytime in Humboldt. Thomas keeps bragging about having two decks, so please come fill them. Our phone numbers and email addresses are still what is printed in the directory. Our new address is 609 13th Avenue South, Humboldt, IA 50548.

For those that are concerned about Juniper (the cat) ...We had a horrible time trying to get her out of the house in Madrid. She was determined to stay and we have the battle wounds to prove it. She's finally starting to get comfortable and is enjoying the large windows and the deer outside them.

We are still working on getting completely settled and then we will get thank you notes sent to everyone that has sent us cards/gifts of support and sympathy. We haven't forgotten about you.

We are extremely blessed to have been a part of the St. Paul family. Please keep loving, supporting and forgiving each other. Continue to let God be your guide.

With Love and Appreciation,

Lisa and Thomas Wilson

Fall Clean up

Our fall clean up will be coming soon. The date is still to be determined - watch the announcements. Bring your rakes and gloves and help us clean up the church property before the snow flies. **We appreciate everyone who is able to come and give us a hand.**

Board of Trustees



Human Care

21st Annual HOPE Gift Market is November 14th between services in the Fellowship Hall.

November 14th is the date for our annual HOPE (Helping Other People Everywhere) Gift Market. This year we celebrate 23 years of giving to others in need! Come visit with the Board of Human Care to learn more about the sponsored organizations, and consider making a donation in thanksgiving for all God has done for you!

Enjoy a cup of coffee and some treats, too!

A HOPE Gift Market shopping list and order form can be found in this Epistle. **If you can't be at the Gift Market, complete this form, attach your check (made out to St. Paul Lutheran Church), and place both in the Human Care mailbox. Order forms will also be available at the back of church, and will be accepted through the month of November.**

THANK YOU for your generosity!

Wellness Team

Just too sweet...

November is Diabetes Awareness Month. The American Diabetes Association (ADA) has designated themes for the 4 weeks of November, as they encourage everyone to recognize, decrease risks, and ease the many burdens of diabetes. #TheBigStepUp!

Week 1 (Nov. 1-7): Step Up Awareness. Are you educated about diabetes? Did you know that there are over 30 million people in the US that have diabetes and one in four of them do not know that they have the disease? More than 1 in 3 adults have prediabetes and over 80% of them do not know it. Many resources are available at Diabetes.org/adm.

Week 2 (Nov. 8-14): Step Up Detection. Prevention begins with knowing the risk factors. (Age 45 or more, are overweight/obese, have a family history of diabetes, certain ethnicities, have high blood pressure, are not physically active, etc.) Take the risk test at Diabetes.org/risktest.

Week 3 (Nov 15-21): Step Up Management. If you have diabetes, how are you doing managing it? Do you need some new ideas? Did you know that you can decrease your risk of getting diabetes by losing as little as 10 or 15#, if you are overweight, get at least 30 minutes of physical activity almost every day of the week, along with eating a healthy diet? (The same things help with managing diabetes, too!) The American Diabetes Association has healthy recipes and newsletters, along with fitness challenges. Check out Diabetes.org/foodhub.

Week 4 (Nov. 22-28): Step Up and Thrive. The ADA is encouraging people to get involved in advocacy, help with the funding, access issues and treatment options. One study indicated that the cost of care for people with diabetes accounted for 1 in 4 health care dollars in 2018. Think about that. See Diabetes.org/advocacy

#TheBigStepUp --- American Diabetes Association.



Board of Stewardship

Coming to Grips with the Real You

Who are you? It's a complicated question, isn't it? On the one hand, your self-concept is rooted in your family background, your personality, the belief systems you've been taught, and the key people in your life. On the other hand, you may not be who you think you are.

God is the author of your true identity. He knows exactly how He designed you. He knows the **gifts** He's given you to fulfill the purposes He's called you to. That's why Paul urged the Romans to think accurately about themselves:

Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. (Romans 12:3)

When you learn God's view of you—who you really are—everything begins to change, and living a life of true spirituality becomes possible.

As you let God transform your mind, the worldly script that runs through your mind changes. That means your feelings of unworthiness or of pride, the way you relate to others, your thought life, your dreams and goals, they all change too.

This especially relates to how you fit into the body of believers, as Paul points out in this passage.

True spirituality is living as a member of Christ's Body, the Church. If you know who you are, you can receive *and give love* the way God designed. You realize where you stand in the body of believers and **use your gifts** effectively. And you can carry out **your** calling to be a transformed, living sacrifice who fits God's purposes completely.

Gretchen Zitterich, Stewardship Board

EDUCATION & YOUTH

Get your "Our Iowa" Calendar!

The youth attending the National Youth Gathering are selling "Our Iowa" 2022 wall calendars as a fundraiser. Calendars are \$13 each. They're great for home, office or as Christmas gifts!

We will have a table set up in the narthex various Sundays in November and the beginning of December. However, you can always contact Eric and Chaney Phipps or Carla Murphy to make arrangements to get your copy!



Education and Youth



Our Christmas Program needs YOU!

We are still in need of a Christmas program director. Contact Amy Carver at 515-681-5681 with questions or to help out.

UPCOMING LYF EVENTS

The Board of Youth is excited to announce some of the activities we have planned this year!

- Canvas Name Art
- Bowling
- Blanket/Pillow making
- Youth Sunday
- Blessing Bags for YSS youth
- Project Sunshine
- possible lock-ins



LYF is held the 2nd Wednesday of the month after midweek unless announced otherwise (like September). *please note there may be changes in activities/protocols depending upon Covid and the Delta variant.

Sunday School Youth Present: "From Heaven Above Children's Christmas program"

The Board of Education is excited to present an original production, "From Heaven Above", for the Sunday School Christmas Program on Sunday, December 12th at the 11:00 AM service.

Parents of youth in Sunday School (Preschool through 12th grade) **please note the following rehearsal times:**

Saturday, December 4th - 9:00 - 10:30 AM Run through with 3rd - 8th grade youth
10:30 - 11:30 AM - Instrumental Ensemble Rehearsal

Saturday, December 11th - 9:00 - 9:30 AM - Instrumental Ensemble Warm-up and rehearsal.
9:30 - 11:00 AM - Complete Run through with all youth Preschool - 8th grade.

Sunday, December 12th: High School Youth report at 10:30 AM to greet and usher. All other youth attend Sunday School hour 11:00 AM – Program

Help our youth help other youth at YSS

In the near future youth will be putting together "blessing bags" to give to YSS of Ames to give to youth in need. We will have a collection bin for the following items needed:

Toilet paper (we can separate out to give one to each one)

- + Full sized deodorant
- + Full sized shampoo and conditioner
- + Full sized body wash or face wash

*Male, female or universal scents

- + One towel and wash cloth
- + Small travel first aid kits
- + Small travel sewing kits
- +Pocket/travel sized tissues
- +New crossword or word find books
- +New deck of cards or card games (like Uno)

We are hoping to have enough materials to put together about 25 complete bags. Thank you in advance for your help with this service project.

Education and Youth

We need your old magazines

LYF will be doing an art project November 10, but we need various magazines to do it. If you have magazines you no longer need and are willing to donate, please place them in the designated bin under the coat rack. Thank you!



LYF Pizza and pumpkins highlights...

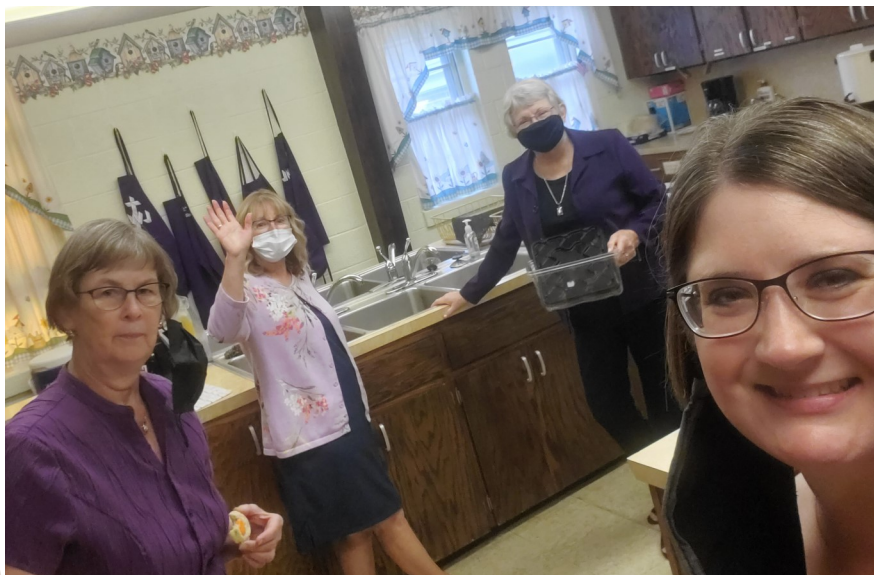
It was a night of creativity as youth decorated their pumpkins and made them into new characters or told stories about their creations.



Thank you to everyone who helped make our LWML Sunday a success and to everyone who contributed to the noisy offering which brought in \$321.36 for Mites! Praise God!



Our *hearts*
in HIS *hand*
Above all, keep loving one another earnestly (1 Peter 4:8).



Women's Ministry

LWML Mite Update: as of 9/30/21

2021-2023 National Mission goal: \$2,150,000.00

Received: \$644,168.26

Needed: \$1,505,831.74

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 Nov. quilting days will be Nov. 11 (our Thrivent Action Team day), and Nov. 18, due to Thanksgiving. Our Family Service Meeting will be Nov. 18 at 1:00 pm. Please join us and bring your lunch if you are comfortable doing so. Thank you.

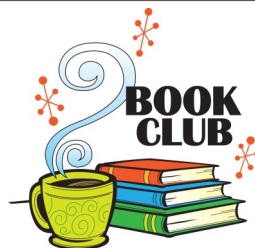


Angel Tree

The HOPE Gift Market will be Nov. 14 and the Board of Women's Ministry will again sponsor the Angel Tree. We are expecting to have 25-30 little angels who are in need of help this Christmas. Stop by our table and pick the name of an angel to shop for.



"Book to Know to Help You Grow"



Our Books to Know group decided to meet the rest of the year in our church. On November 11 and May 12 we will meet at 7 PM in the Fellowship Hall. On January 13 and March 10 we will meet at 2:15 in the Fellowship Hall.

We meet next on November 11th in the Fellowship Hall and we will be discussing "The Last Train to London: A Novel" by Meg Waite Clayton

Date	Location/ Hostess	Book
Nov 11, 2021, 7 pm	Fellowship Hall	"The Last Train to London: A Novel" by Meg Waite Clayton
Jan 13, 2022, 2 pm	Fellowship Hall	"The Book Woman of Troublesome Creek" by Kim Michele Richardson
March 10, 2022, 7 pm	Fellowship Hall	"Hidden Places" by Lynn Austin
May 12, 2022, 7 pm	Fellowship Hall	"The Shot Caller: by Casey Diaz

American Heritage Girls Troop IA2016

THANK YOU!!!

Our troop wants to say a big thank you to St. Paul for their support throughout the year, but especially by supporting us during our Reformation Sunday bake sale!



Operation Christmas Child:

AHG will be in charge of OCC this year! If you pack a box, you can pay your \$9 donation directly to Samaritan's Purse so you can see directly where your shoebox goes. Boxes are available at St. Paul, or you can pick up an official OCC box at Hobby Lobby, use a shoebox you already have at home, or purchase plastic shoebox-sized boxes at local stores.



This year our troop has 34 girls! We have: 12 Tenderhearts, 12 Explorers, 5 Pioneers, and 5 Patriots.



The AHG troop had a busy summer with campouts, 10 girls and 2 leaders attending Grace camp, badge workshops and individual badge work, service projects, and fun socials!

Our first meeting was at McFarland Park with Story County Conservation. We learned about insects, caught some in the prairie, and then identified them. We had our Fall Ceremony on October 11th, where the girls received their awards for what they had worked on during the summer. The Insect Zoo came on October 25th to show us their collection as part of the Tenderheart's insect badge work.

St. Paul Lutheran Preschool and EK

November News 2021



St. Paul Lutheran Preschool and Early Kindergarten (EK) has a lot to be thankful for this month! This fall we sent an email to church members and parents for people who would like to be a substitute teacher for preschool. We received an abundant list of names of people who were willing to take on this opportunity to work in the preschool and share the love of Jesus with our early childhood students. Thank you subs!

We were also blessed with carpenter, Will Zitterich, who hand-crafted a 5-section cubbie for the Cub Class. With our increased enrollment we didn't have enough cubbies for each child in the school to store their coat, backpack and papers each day. We ordered one; but as with so many things in retail it was delayed because of covid and it never arrived. Will came to the rescue and finished a beautiful cubbie in 2 weeks. Thank you Will! The children and teachers are thrilled!

Thank you also to all the church members who signed up to be a Prayer Partner for a child at St. Paul. Again with our increased numbers we needed more people than ever to pray for the children here at preschool. We thank you Prayer Partners for serving the Lord by praying for your preschool/EK child.

The Early Kindergarten children wanted to tell you what they thank God for this month.

Luke: I thank God for the Bible because it tells us about God.

Kai: I thank God for my mom because she is the best and she is so funny!

Theo: I thank God for the trip my family made to Legoland. It is a fun memory with my family.

Kira: I thank God for the inside water park. It has a fun HUGE slide.

Karolyne: I thank God for my dad! I love him so much!

Novalee: I thank God for food. I like to eat food!

This November and December St. Paul Lutheran Preschool has a Wish List set-up on Amazon. As our preschool ages our toys do too. If you are interested in buying an item for the preschool this Christmas please send me your email address at education@saintpaulames.org and I will send you the Wish List. If you would like to make a donation for an item you may write a check to St. Paul Lutheran Preschool (Wish List) and we will purchase something in your name. Thank you, Lori Jenks



NOVEMBER MISSIONARY PRAYERS

At the time of this writing, the safe return of 17 mission workers in Haiti is at the top of my missionary prayer list. The 400 Mawozo gang abducted 16 American citizens, one Canadian from the Ohio-based Christian Aid Ministries. A total of five children, seven women and five men were taken in the Croix des Bouquets suburb while they visited an orphanage, according to the group.

Pray for those who are being held hostage, the kidnappers and the families, friends and churches of those affected. We commit this situation to God and trust him to see them through.

We trust by the time you read this they will have been safely returned. Our world is full of great unrest. It is hard for us to imagine the risk our church workers live with in foreign countries. **Pray** for the safety all those working to share God's love. **Pray** for God's protection and that his angels are near and evil is held at bay.

Psalm 17:8-9 “ Keep me as the apple of your eye: hide me in the shadow of your wings, from the wicked who despoil me, my deadly enemies who surround me.”



Thanksgiving Baskets of Plenty Sunday, November 21st

We will be having the Thanksgiving Food In-Gathering for Bethesda Community Food Pantry. Cash/checks donations and non-perishable food items will be placed

at the altar. Cash/check donations allow the food pantry to purchase what is needed at a greatly reduced cost.

1 Thessalonians 5:18 *in everything give thanks; for this is God's will for you in Christ Jesus.*

November 2021 Service Roster

Due to the uncertainty of the Delta variant, the schedules have been (and will be) made up for only 3 months at a time. We will print those assigned for the current month below and also send out a reminder postcard. You are welcome to call the office if you have any questions. Thank you for serving!

	Nov 7 8:30 am	Nov 7 11:00 am	Nov 14 8:30 am	Nov 14 11:00 am	Nov 21 8:30 am	Nov 21 11:00 am	Nov 24 7:00 pm Thanksgiving Eve	Nov 28 10:00 am ONLY ONE Service
Organist	LaDonna Osborn	LaDonna Osborn	Ellen Sander	Ellen Sander	LaDonna Osborn	LaDonna Osborn	LaDonna Osborn	Praise Team
Elders	Steve Johnson	Matt Carver	Steve Johnson	Matt Carver	Steve Johnson	Matt Carver	Tom Peter	Steve Johnson
Lectors	Alberta Voge	Gretchen Zitterich	Alberta Voge	Gretchen Zitterich	Alberta Voge	Gretchen Zitterich	Larry Wiebel	Alberta Voge
Acolytes	Clay Taylor	Carson Howard			Tessa Esser	Zach Harris		
Ushers	Mark & Janelle Swenson, Phil & Alberta Voge	Ellen Sander, Ron Coy, Dave Osborn, Mike West	Matt & Sandra Pflug, Phil & Alberta Voge	Ellen Sander, Ron Coy, Dave Osborn, Mike West	Matt & Sandra Pflug, Phil & Alberta Voge	Ellen Sander, Ron Coy, Dave Osborn, Mike West	Mark & Janelle Swenson, Bob & Marilyn Walker	Matt & Sandra Pflug, Phil & Alberta Voge
Greeters	Bob & Marilyn Walker, Jeromy Fritz Family	Amy Carver, Larry Wiebel	Bob & Marilyn Walker, Harry & Pam Mundt	Vickie Roach, Larry Wiebel	Bob & Marilyn Walker, Harry & Pam Mundt	Amy Carver, Larry Wiebel	Lynn & Kim Dreyer, Larry Wiebel	Bob & Marilyn Walker, Harry & Pam Mundt
Coffee Greeter	Tanny Latuska		Tanny Latuska		Tanny Latuska			No Coffee Today
Offering Counters	TBA							
Power Point	Sarah Fahrman	Julie Coy	Sarah Fahrman	Julie Coy	Cindy Baas	Julie Coy	Julie Coy	Julie Coy
Sound Board	Ben Fahrman	Becky Jackson	Ben Fahrman	Becky Jackson	Shaun Carver	Greg Van Nostrand	Becky Jackson	Greg Van Nostrand
Camera	TBA		TBA		TBA		TBA	

