

**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**

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

## Letter from Pastor

Friends in Christ,

Summertime is here! Celebrate and give God thanks for the arrival of summer weather, summer travel and summer activities. Many of you know that one of my many summer activities is watching new movies that are released in the summertime. Summer is often the season with the biggest number of new releases (other than the end of the year from Thanksgiving through Christmas, when many new films are released in time to be considered for the Oscars/Academy Awards).

Did you know that summer movies are often called “popcorn movies,” and it’s because critics consider summer films to be light fluff that people watch purely for entertainment rather than for momentous messages? You may or may not agree with the critics that this summer’s new movies like *Top Gun: Maverick*, *Jurassic World Dominion*, *Thor: Love and Thunder*, *Minions: The Rise of Gru* and Sly Stallone’s *Samaritan* are pure entertainment with no deep merit, but I think we can all agree that there are some things in life that truly are pure fluff. In fact, the Scriptures tell us that the world will try to turn us away from Jesus, and so we should be cautious. 1 John 2:15 states, “Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him.”

On their debut album, Foreigner had a song titled “At War with the World.” The lyrics stated, “I’m at war with the world, that’s the way it must be.” You and me, because we belong to Jesus, need to pay heed to the ways that the world around us will turn us away from Jesus – and we need to fight against them. God’s Word says, “Set your minds on things that are above, not on things that are on earth” (Colossians 3:2).

So does that mean we can’t enjoy some popcorn at a “popcorn movie” this summer? Or does it instead mean that we need the Lord’s wisdom and discernment in the things that we do in our lives? I’d suggest the latter, as does Scripture. Romans 12:2 tells you, “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

May God bless us as we enjoy this glorious season of summer and as we seek ways to bring glory to Jesus in how we use the time He gives us.

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, June 5

9:00 a.m. Adult Bible study  
10:00 a.m. Worship with Holy Communion  
And Livestreamed

### Sunday, June 12

9:00 a.m. Adult Bible study  
10:00 a.m. Worship Service  
And Livestreamed



## Worship Schedule for June

### Sunday, June 19

9:00 a.m. Adult Bible study  
10:00 a.m. Worship with Holy Communion  
And Livestreamed

### Sunday, June 26

9:00 a.m. Adult Bible study  
10:00 a.m. Worship Service  
And Livestreamed

**Please note— service times for this summer will be Adult Bible class at 9:00 am (No Sunday School) and Worship service at 10:00 am. (Adult Bible class will not be held in July.)**



**Many thanks to Michelle Flynn** who has been our church archivist for many years. Michelle is no longer able to serve as our archivist, but please thank her for her years of service in this position.



**Needed— Church Archivist.** Are you someone who likes to serve behind the scenes? On your own schedule? Perhaps this position is for you. For more details, call the church office.



The Bible comes alive once you have visited the actual sites mentioned! Dr. James Lamb and Rev. Michael Wolfram will be hosting a **pilgrimage to Greece with an optional extension to Rome** April 17-26, 2023. If you would like information on this spiritual pilgrimage, contact Dr. Lamb at [lambforlife@gmail.com](mailto:lambforlife@gmail.com) 641-751-4433 or Rev. Wolfram at [mcwolfram@aol.com](mailto:mcwolfram@aol.com) 515-988-4324. Early bird registration discounts are available.



## WELCOME SUMMERTIME

ALL MEMBER PICNIC  
JUNE 5, 11:15 am  
FREE DINNER AT CHURCH  
Catered by  
"FLAME AND SKEWER"

Menu will include: Burgers, Hot Dogs, Chicken Strips

Mac and Cheese

Cole Slaw

Cookies

Iced Tea and Lemonade



## FUN AND GAMES FOR ALL

Donation of Take Home Food Items for School Children Appreciated

(Many school children have nothing to eat on week ends and teachers give them food bags to take home. They can have granola bars, applesauce cups, fruit cups, fruit snacks, cracker packs, etc.)

Planned by the Board of Evangelism  
and Funded by the Board of Directors



Thanks to all for the many prayers, hugs, kind words, texts and cards as we walked with Jessica and Kevin during her illness and passing. Thank you for the continued prayers for Kevin. Your support is a blessing.

*Jon and Connie Buss*



By Connie Buss



It took a long time to arrive, but spring has finally sprung and summer officially comes later this month. Hopefully, everyone is getting outside, enjoying God's beautiful creation, eating summer fruits and vegetables and grilling your favorite foods! Here is just a reminder of the 3 easy steps to help stay healthy during the transition to summer. These tips can be used as you work on your exercise goals, or just your goals to stay in the best shape possible as you walk through the ages.

**EAT!** Starving yourself should never be part of a healthy regimen, but too many people skip meals and avoid healthy snacking. Fueling up with whole grain breads, pastas, and rice two hours before a workout can give you more energy. Fresh fruits will provide the sweetness we all crave, lots of nutrients, plus the fiber we need. Protein at meals is important for growth and repair of tissues, keeping muscles strong at all ages.

**DRINK!** Staying well hydrated will help you perform the best, whether it be in a short workout or long marathon, or the day-to-day routine of life. Drink fluids though the day to maintain a healthy fluid status. Sports drinks should be considered if the activity lasts longer than 60 minutes. Otherwise, water, milk, and fruits are good hydration choices for activities lasting under an hour. If you are trying to reduce your weight, be careful that your drinks are not providing more calories than your workout burns up. How do you know if you are getting enough fluids? Do the color check...your urine should be pale yellow. If it is darker, you need more fluids for good health.

**STRETCH!** Don't skip stretching before workouts. Warm ups and cool downs are important parts of any workout and necessary for proper recovery and to prevent injury. Warming up with a short walk before stretching can reduce strain risk. All of us need to stretch daily to maintain flexibility and decrease the risk of falls. Did you know that most people should hold a stretch for 10-30 seconds and repeat it two to four times? Of course, if you are new to stretching and exercise, please consult your primary care provider or an exercise specialist for advice.

3 John 1:2 "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

## Human Care



Thank you to all who participated in our first annual MAPS (Missionary And Prayer Support) gift market. Your contributions enable missionaries to spread the Good News and love of Jesus Christ at a time when the world desperately needs it! God bless you!

Boards of Evangelism, Human Care, and Women of St. Paul



## Education and Youth



**Congratulations to one of our high school youth!**

Congratulations to Eayon and the Nevada cast of *Beauty and the Beast*. The group received awards from the Iowa High School Musical Theater Awards. Eayon received a special recognition for performance in a principal role of Lumiere. The Nevada cast will perform for 3 minutes on stage at the awards ceremony at the Des Moines Civic Center on June 18.

**Save the date: Vacation Bible School - Vacation Bible school will be held July 31 – August 3, 2022. More details coming this summer.**



**HAVE A GREAT SUMMER!**



**Help Wanted** – The Board of Education will be looking for Sunday School and Mid-week teachers for 2022-23. A big thank you to those that have already signed up. We are also looking for additional board members, and being on the board does not mean you need to teach, or have teaching experience. The Board of Education is responsible for the nurture and Christian growth of members of the congregation.



## Education and Youth

### Cleaning up for Camp Okoboji

On May 7 four of our high school youth traveled with two of our youth board members to help with the spring clean up day at Camp Okoboji.

We helped rake and pick up sticks, set up picnic tables, moved dining hall deck tables and benches for power washing, pulled kayaks out of storage, organized the Family Life Center, took things to be repaired to the shop, put out the recycle bins and had some fun while completing our tasks. The youth are excited



Our group- Carla, Daniel, Tessa, Shaun, Tate and Angi.



Working with our favorite camp staffer Izaak!



Moving deck tables



Raking leaves- lots of trees equals lots of leaves!



## Education and Youth

### Prayers for our summer youth campers

We are excited to have 11 St. Paul youth attending Camp Okoboji this summer!

Please keep the following in your prayers:

Alice -Cub Week 1 (June 12-15)

Wilson -Jr High Week (July 10-16)

Emily , Kaden , Aleaya - Cub Week 2 (July 17-23)

Shaun , Natalie , Tate , Tessa , Daniel and Eayon - Youth Week (July 24-30)

Also for Erin who will be a camp counselor Jr High Week and Daniel who will be a camp counselor for Cub Week 2.



### Spreading "Son"shine

On April 27 our 3-8th grade LYF group met for the last time until fall. We had a pizza dinner and then decorated terracotta pots. After they were done decorating, youth got to choose a flower to plant in it to give to someone to spread a little kindness and let God's love shine.



Natalie, Aleaya, Emily, Hannah, Estan, Eddie and Kaden with their "Son"shine flowers.

### Where's the Remote?

We all have probably asked this question. Well, on April 24th our high school group went to *No Escape Iowa* and had to find and solve the clues to obtain the key to unlock the box that contained the tv remote. They were given an hour to complete the task but finished in 49:46. It was great to see them work as a team to problem solve to reach their end goal.

Daniel, Eayon, Maddie, Lydia, Tessa, Tate and Shaun at *No Escape Iowa*.



## Evangelism



### Orphan Grain Train - June - Fill the Bins

Health items are a large need and we take all extra supplies you no longer need or use.

They need the support boots you no longer need. They even have requests for these.

Keep filling the boxes. There is a need for everything with all the storms, fires, wars, etc.

Thank you for everything that has been brought. They appreciate it all.

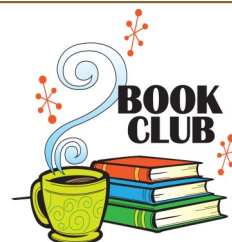


## Women's Ministry

### "Book to Know to Help You Grow"

INFORMATION ABOUT BOOK GROUP PLANS FOR 2022-2023  
AND THE WINNERS ARE.... (Drum roll, please)

1. Eve's Daughters by Lynn Austin
2. Night Bird Calling by Cathy Gohlke
3. A Single Thread (Cobbled Creek Quilts #1) by Marie Bostwick
4. Workin' Our Way Home (Book 3 of Same Kind of Different as Me) by Ron Hall
5. The Lion, the Witch, and the Wardrobe (Chronicles of Narnia) by C.S. Lewis
6. Pope Joan: A Novel by Donna Woolfolk Cross



### 2022-2023 (tentative) SCHEDULE

July 14, 7 p.m., Village Cooperative, 2525 Bobcat Drive

September 15, 7 p.m., Fireside Room, Northcrest, Northcrest Court

November 10, 2:15 p.m., St. Paul Fellowship Hall

January 12, 2:15 p.m., St. Paul Fellowship Hall

March 9, 2:15 p.m., St. Paul Fellowship Hall

May 11, 7 p.m., StoneBrooke Club House

Workin' Our Way Home

Nightbird Calling

A Single Thread

Eve's Daughters

Pope Joan: A Novel

The Lion, the Witch, and the Wardrobe



# Women's Ministry

## **LWML Mite Update:** as of 3/31/22

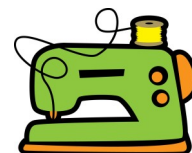
**2021-2023 National Mission goal: \$2,150,000.00**

**Received: \$1,320,802.19**

We normally collect mites for missions on the 1st Sunday of each month. For more information about LWML go to [www.lwml.org](http://www.lwml.org).



**FAMILY SERVICE ~** Quilters will meet on June 9th and 23rd at 10:00 am until 2:00pm. Please bring a sack lunch to enjoy at noon. We always have a wonderful fellowship time and welcome anyone who would like to join us! We would be happy to have you.



## **IWD LWML Convention June 16-18**



**Lutheran Women in Mission**

Please pray for all the attendees at the convention this month. Pray for God's guidance in the selection of the new mission grants and for the selection of new officers. Boone and Carroll zones are hosting, so please also pray for all the workers and that everything goes according to God's plan.

## **The LWML wants your old eyeglasses!**

LWML is celebrating 80 years at this year's convention and we hope to collect 80 pairs of glasses (from our church) for the ingathering. Any kind of glasses are fine to bring... prescription glasses, readers, sunglasses—we want them all. **NO Cases Please!** We will have a special drop off basket in the narthex. Thank you!!

## **LWML Mission Grants**

### **Mercy Medical Care for Tanzania 2021–2023 Mission Grant 12 — \$68,182**

Mwadui Lutheran School in Shinyanga, Tanzania, has become one of the leading schools in the region with enrollment increasing from 40 to over 200 students. It is educating many new pastors, teachers, and professionals from all over western Tanzania using a curriculum with a Christian world view and daily chapel. This educational facility has become a valuable Christian outreach ministry to the community and region. However, malaria and other health issues continue to be a vexing problem for the students, teachers, staff, and community. The next step in enhancing this educational facility is starting a medical clinic. This grant will purchase medical equipment, medical supplies, and medicine to treat the various illnesses of the student community in the South-east of Lake Victoria Diocese of the Evangelical Lutheran Church, Tanzania (SELVD-ELCT).



Chapel at Mwadui Lutheran School

## June 2022 Sunday Service Roster

*Due to the uncertainty of the service times, the schedules have been (and will be) made up for only 1 month 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!*

	<b>June 5 10:00 am</b>	<b>June 12 10:00 am</b>	<b>June 19 10:00 am</b>	<b>June 26 10:00 am</b>
Organist	LaDonna Osborn	LaDonna Osborn	Ellen Sander	Praise Team
Elders	David Schultz	David Schultz	Mike West	Mike West
Lectors	Alberta Voge	Phil Voge	Tom Peter	Judy Peter
Acolytes	Carson		Clay	
Ushers	Merle Suntken, Dave Osborn, Larry Wiebel, Wayne Hagemoser	Matt & Sandra Pflug, Merle Suntken, Dave Osborn	Matt & Sandra Pflug, Merle Suntken, Dave Osborn	Matt & Sandra Pflug, Merle Suntken, Dave Osborn
Greeters	Bob & Marilyn Walker, Phil & Alberta Voge	Bob & Marilyn Walker, Phil & Alberta Voge	Bob & Marilyn Walker, Phil & Alberta Voge	Bob & Marilyn Walker, Phil & Alberta Voge
Coffee Greeter				
Offering Counters	Len & Pat Thiede	→		
Power Point	Amy Carver	Cindy Baas	Sarah Fahrman	Julie Coy
Sound Board	Shaun Carver	Becky Jackson	Ben Fahrman	Becky Jackson
Camera	Harry Mundt	Tom Baas	Eric Phipps	John Murphy



## PRAYER FOR PEACE IN UKRAINE

The International Lutheran Council (ILC) is urging prayer, during what some are suggesting may be the largest armed conflict in Europe since World War II. Especially pray for the Rev. Andrew and Megan Fedder serving the Lord through The Lutheran Church—Missouri Synod as career missionaries based in Bucharest, Romania. As a pastor and theological educator, Andrew works with the Confessional Lutheran Church in Romania and with Lutheran congregations throughout the Balkan-Mediterranean subregion.

### Intercessory Prayer for Peace

In peace let us pray through our Lord Jesus Christ, the Savior of the world.

**Lector:** For peace in Eastern Europe that the Lord may bring an end to the war and restore peace and freedom to the people of Ukraine, let us pray:

**Congregation:** Lord have mercy.

**Lector:** For the children and young people, that the Lord may preserve them in body and soul from suffering and injury, let us pray:

**Congregation:** Lord have mercy.

**Lector:** For our brothers, sisters, pastors and church workers in the churches of Ukraine and Russia, that God may keep their hearts from hating one another, keep them out of harm's way, that He may show them ways to serve peace, proclaim the Word of God, and celebrate the sacraments, let us pray:

**Congregation:** Lord have mercy.

**Lector:** For all who have political responsibility, that the Lord may direct their hearts to peace, that He may help them to serve truth and justice, that He may guard the hearts and minds of people from error and falsehood, let us pray:

**Congregation:** Lord have mercy.

**Lector:** For peace and harmony in our country, that the Lord may prevent the polarization of society into opposing interest groups, that He may give and keep peace in workplaces, universities, and schools, that He may give new strength to teachers and keep their love, let us pray:

**Congregation:** Lord have mercy.

**Lector:** For peace in our homes and families, that the Lord may help spouses who have a hard time with each other, that He may give good understanding between generations, so that children may grow up in peace, and for unborn children, let us pray:

**Congregation:** Lord have mercy.

**Lector:** For an end to the worldwide pandemic, that the Lord may preserve people from sickness, that He may give new strength to nurses and doctors, for all who are sick, and whose names we mention here in silence... let us pray:

**Congregation:** Lord have mercy.

**Lector:** For our church and congregation, that the Lord may keep us in His truth, that He may raise up young people willing to enter His service, for Lutheran Seminaries worldwide, that the Lord may establish teachers and learners in His Word, let us pray:

**Congregation:** Lord have mercy.

**Liturgist:** Merciful God, keep us in Your peace, and grant peace to all people for whom we have prayed, through Jesus Christ, your Son, our Lord.

**All:** Amen.



## American Heritage Girls Host Tea Party - Saturday, April 30 By Anya , 6th grader in Explorer Unit

On April 30th, American Heritage Girls Troop IA2016's Explorer unit hosted a tea party as part of their progress towards earning the badge titled "Social Skills & Etiquette". The girls got to invite several guests and girls from the Tenderheart unit as well as learn and practice how to host their individual tables. Each girl got to pick out her desired china, silverware, and centerpiece, and set up some dishes prepared by the troop as well as one dish unique to her table. Some of the food offered included crackers with chicken salad, chocolate-covered strawberries, cheese-cake bites, and lemon bars, as well as lots of tea and lemonade to go around. The girls learned how to properly set up their table, decorate place cards, write invites, and send out thank-you notes to the guests after the party. As the Explorer unit as a whole, we all can agree that this tea party was a definite success!

