

OCTOBER 2022

ST. PAUL LUTHERAN CHURCH
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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

Some years ago, Lori and I and our children visited the Bureau of Engraving and Printing, where we literally saw mountains of money. "Show me the money!" Remember that famous movie line? Well, here's a new line to ponder. "Show me what the Bible says about money?!" During October, our stewardship board is sponsoring a special 3-week series to teach us what God says about **Money Matters** in His Word.

We go to schools to become equipped to earn it. Then we spend the rest of our lives getting it. We get caught up worrying that we won't have enough of it. Arguments over it are the leading cause of marital disintegration, business partner breakups and government shutdowns. The obsession with getting more of it destroys many lives. Some call it the root of all evil. Others call it a means for great good. But we cannot afford to ignore the importance of money!

God surely doesn't avoid talking about money. In fact, the Bible has a lot to say about money matters. Some say that the Bible's most thorough teaching about **Money Matters** is provided by Paul in two

full chapters in Paul's second letter to the Corinthians. It is fitting that our fall stewardship focus will be based on these two chapters, 2 Corinthians 8 and 9.

Many people have many words to say about money. As God's people, we want to take a look at what God says about **Money Matters**. Come join us for our in-depth look at what the Bible teaches about earning, saving, investing and giving.

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, October 2

8:00 a.m. Worship with Holy Communion

9:15 a.m. Education Hour

10:30 a.m. Worship with Holy Communion

Sunday, October 9

LWML Sunday

8:00 a.m. Worship Service

9:15 a.m. Education Hour

10:30 a.m. Worship Service

Sunday, October 16

8:00 a.m. Worship with Holy Communion

9:15 a.m. Education Hour

10:30 a.m. Worship with Holy Communion



Sunday, October 23

8:00 a.m. Worship Service

9:15 a.m. Education Hour

10:30 a.m. Worship Service

Sunday, October 30

Reformation Celebration

8:00 a.m. Worship with Holy Communion

9:15 a.m. Education Hour

10:30 a.m. Worship with Holy Communion

**THANKS
FROM THE
HEART**

To our Church Family,

Thank you so much for all of the love, prayers, and financial support you have given us since my cancer diagnosis! All of the cards we have received are displayed in our home as a reminder of the army that is fighting with me. It brings me a lot of peace daily. It was wonderful to see so many of you at the fundraiser in August – we have deeply missed connecting with you all during my treatment and isolation.

For those who don't know, my journey started on my birthday last December. I currently have a diagnosis of recurrent Germ Cell Tumor and began treatment in February. I had four rounds of chemo, all inpatient due to the toxicity of the regimen, which worked well to knock the tumor(s) back. However my lifetime chemo amount has damaged my bone marrow, leaving my blood counts extremely low, so I have exhausted my chemo options for now. Radiation and surgery are not options because of the location of the tumors. This means that I am out of treatment options in Iowa City and require next level of care at Mayo. Mayo has a treatment plan that requires a lot of waiting - ablation to keep the cancer contained to my liver, with the eventual hope of a liver transplant.

Our health insurance is phenomenal – we have paid very little out of pocket for all of the care we received here in Ames and in Iowa City. Mayo has been a different story. We are collecting bills daily and are fighting with insurance for the next level of care required. We also expect to add to the pile as more ablations are necessary and as we move into the liver transplant planning and testing. However, we take comfort in the promise that God will provide our every need in His perfect timing. You have been the hands and feet of Jesus throughout our trial, and we cannot thank you enough! We pray with thanksgiving for all of you and for God to bless you tenfold.

If you would like to know more about my story or stay updated with the latest, you can follow my CaringBridge site: www.caringbridge.org/visit/smvn

In His love,

The VanNostrand Family

Sandy, Greg, Mea, and Annie



Liver Awareness Month: THINK LIVER, THINK LIFE

By Connie Buss

The liver is the largest solid organ in the human body, but most people don't know what it does or think about how to keep it healthy. The liver resides in the right upper quadrant of the abdomen and is responsible for clearing toxins from the body, maintaining blood sugar levels, metabolizing food and many drugs into more usable forms, as well as numerous other tasks.

1 in 4 Americans are at risk for fatty liver disease, currently with 80-100 million people in the US with liver disease and many don't even know it. There are over 100 different types of liver disease. That is one reason that the Liver Foundation is kicking off an initiative in 10 states on October 22 to increase awareness of this potentially deadly disease. Over the next 5 years, this initiative will be nationwide. Iowa is not one of the initial 10. "Think Liver, Think Life" has a goal to help prevent liver disease, aim for earlier diagnosis, and to improve the management and treatment of liver disease. As many diseases, the earlier detection, the earlier treatment can begin, and the liver may have a chance at repairing and regenerating! (Our God is an awesome God... regeneration of the liver in early cases...WOW!) The campaign is encouraging regular liver function tests, viral hepatitis antibody screening, assessments to identify the more common liver diseases and liver cancer. Non-alcoholic fatty liver disease is the most common where excess fat builds up in the liver possibly caused by genetics, digestive disorders and diet. Diabetes, obesity and being of Asian or Hispanic descent contribute to liver disease. Other causes may be viruses, autoimmune disease, alcohol, poor diet, obesity, side effects of medications, street drugs and toxic chemicals. Liver disease can decrease quality of life and result in liver failure, death.

"Think Liver, Think Life" also includes education on healthy lifestyles. So, what can we do to decrease the risk? Weight management is a high priority. Americans are consuming over 700 calories per day more than they did in 1970. Most of these extra calories come from processed foods, more "unhealthy" fats and sugars, larger portions. Consider your beverages. 25% of US sugar intake comes from beverages, soda, sports drinks, flavored waters, juices, etc. (Yes, juice is on the list if it is more than 8oz/d) We need to be eating liberal amounts of vegetables and fresh fruits, whole grains, select lean meats and healthy fats. Also keep moving! Blood sugar, blood pressure, cholesterol management impact liver disease risk. God made our body parts to work together. Many of the same "healthy habits" for diabetes, heart disease and weight management are the same habits to prevent/delay/manage liver disease. Remember, a child learns to walk with small steps, falls down and gets up again and learns to run! As adults, take small steps to healthy behaviors, don't worry about being perfect, but keep moving toward the goal of a healthy life. Blessings!

Ways you can SERVE

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.

Griefshare



You're Invited to a light lunch and seminar on **Sunday, November 20th.**

St. Paul is offering a **GriefShare** seminar on ***"Surviving the Holidays"*** on Sunday, November 20th, in the Fellowship Hall, for those who have suffered the loss of a spouse, child, parent, friend, etc.

The holiday season is approaching. This might be the first holiday after your loved one's death, or maybe it's the second, third, or beyond. In the coming days, you are going to be facing some tough emotions. And due to the nature of Thanksgiving and Christmas - with its focus on family, yearly traditions, expectations, social events, and "cheer" - the emotions can blindsides you.

You can lessen the emotional impact by knowing what to expect and being prepared. This seminar can help you Survive the Holidays. We'll begin with a light lunch, watch a video, then have discussion and encouragement. We invite you to pre-register by November 13th to ensure that we have enough food and materials.

Call leaders Gretchen Zitterich at 515-201-7570 or Pat Thiede at 515-290-9588 with any questions you may have and/or to pre-register for this light lunch and seminar program. Lunch begins promptly at 11:45 a.m. and seminar lasts until 2:30 p.m.

STEWARDSHIP

News from Stewardship...Endowment Fund Giving

Gifts that Keep Giving...and Giving...and Giving. This might be the simplest way to describe endowment fund giving—that is, monetary gifts that provide ongoing financial assistance to organizations today, and if desired, for perpetuity into the future.

St. Paul's Endowment Fund was established to accept such monetary gifts from church members while they are still living, or through wills or estate plans at time of death. These gifts can be directed in almost any way a member desires, within certain guidelines of the Endowment Fund.

For instance, a monetary gift could be given to the Endowment Fund for investment and safe-keeping until needed for major church remodeling or expansion...or whatever project the member making the donation would like to support.

Other endowment gifts can provide perpetual income. For example, a member might like to know that St. Paul's preschool ministry and youth ministry are well-funded not only today, but even a century from now. An endowment gift could be given with instructions that the interest off its investment each year be used to fund these programs or others like them...and that the original principal never be disturbed.

Here's another idea: Estate planning and Endowment Fund gifting can help a member "donate an estate twice". At time of death, financial assets can be invested with instructions that the annual interest be given to a member's children, grandchildren—or even a favorite charity—for the life of those family members, or for a set period of time. At the end of the period of time you choose, the original principal could then be gifted to St. Paul's Endowment Fund to help support the church however the member desires...or left to the church's discretion.

This is a unique way for a member to bequeath their estate "twice", so that it might live and give again and again! Of course, with any charitable giving, there are financial implications and potential tax benefits that should be discussed with your financial advisor or estate attorney.

If giving a gift that "keeps on giving" appeals to you, please contact Gretchen Zitterich, Dennis Dobberke or Larry Wiebel of the Stewardship Committee, or other church officers. We will visit with you confidentially about exciting opportunities that St. Paul's Endowment Fund can offer.

Evangelism

EVANGELISM OCTOBER EVENTS

Camp Okoboji Work Week-end	October 6-8
New Member Welcome	October 23
Trunk-or-Treat - Popcorn for all	October 30
"Undie Sunday"	All 5 Sundays in October

WELCOME

There are several new members to welcome at both services and during Bible class — a time to meet and get acquainted.

All five Sundays in October are "Undie" Sundays! We need NEW, wrapped, unused underwear.

LWML is 80 years old and we can help the Women of Saint Paul (WOSP) celebrate this milestone by collecting Undies for men, women and children. Some will go to school children and some will go to Orphan Grain Train. Collecting for others should give us a good feeling. (A friend was helping at a free clothing room and a little boy needed jeans. He was embarrassed to try them on because he wasn't wearing undershorts.) We can help out in situations like this!

Share a pair—please—God's blessings to all who are sharing and caring!



Message from Lyubov... Orphan Grain Train sent a note recently about the Orphan Grain Train shipment we were very much part of back in April. It takes a while for communication to happen but OGT wanted us to know they heard from Lyubov, who was the contact guy in Latvia, and he got back to OGT to tell them everything arrived in good shape and he and his crew got everything passed out to those in need. "We are very grateful to you for your help....We have helped more than 1000 people." he wrote. Those helped were Ukrainian refugees and Lyubov said that there is a specific group of 157 adults and 42 children that they are working with. Some Wednesday or Saturday later in September, OGT expects their next cargo container to arrive for loading. Hopefully we will keep praying and caring! Winter is coming and the war drags on and needs are great!

EDUCATION & YOUTH

From the Board of Youth:

We enjoyed our first LYF event in September – God, Grilling and Games. We started off the evening with grilled hot dogs for dinner and then moved on to games. The kids played football, Twister, yarn ball toss, bowling and checkers. The kids also wrote faith-based messages and drew pictures with sidewalk chalk. We had perfect weather and wonderful fellowship. In October we will have another LYF for youth in grades 3-8 and then our high school LYF will start for grades 9-12. Thank you families for sharing your kids with us and thank you to the congregation for supporting our youth!



Education and Youth

Pray for our youth who are attending the Junior Youth Gathering in West Des Moines Oct. 22-23.

“Called + Gathered + Enlightened” is the theme for youth in grades 6-8.



“Say What?” is the theme for the Senior Youth Gathering for grades 9-12. It will be held November 18-20 at the Holiday Inn at the airport in Des Moines. Cost is \$250.00.

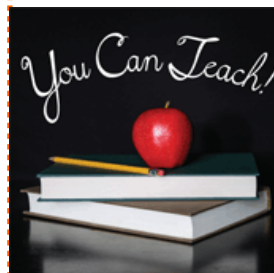
Registration for the Senior Youth Gathering will open soon, so look for more information to come.

Both gatherings will have speakers, music, games, break out discussion rooms and more!

The Board of Youth has funds available to help families with the costs. We usually carpool there and back. If interested don't wait! – contact Stephanie Taylor.

PARENTS OF SUNDAY SCHOOL CHILDREN:

We have a Sunday Bible Study for you! It meets in the boardroom in the basement during Sunday School. It is a chance for fellowship with other parents, as well as an opportunity to look at the lessons which are being taught to your children. We would love to see you there. If you have any questions about this group, feel free to talk with Steven Wilcken.



7th/8th Grade Sunday School Team Teachers are Wanted & Needed ASAP –

Take a Sunday to instruct the Word of God with young teens. You can team teach with another person. Give it an honest try!

Thanks for your help, support and assistance. Feel free to call me if you have questions or concerns. Contact **Nancy Carper**

Trunk-or-Treat on Sunday, October 30th at 1:30-3:00 pm



participate!

A sign-up sheet is on the Church bulletin Board for those wanting to decorate their trunk and share treats. Also bring your children to

A Director for the Sunday School Christmas Program is needed.

Help lead the children of St. Paul to share the story of Jesus's Birth with the congregation on December



Women's Ministry

LWML Mission Grants- The Littlest and Least of These, Dallas, TX 2021-2-23 Mission Grant # 15- \$42,000

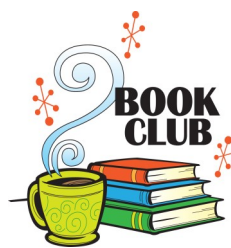
St. Paul Lutheran Church and Christian Academy is located in a poor Dallas community of mostly unchurched families and offers the only Christ-centered preschool, before and after school care, and adult academic and Bible classes. The Academy uses Christian books, music, and Bible stories. There are regular devotional services, and families are encouraged to attend worship. St. Paul is outgrowing their current facility after a single year of operation. Going forward, more space is needed for the preschool, nursery, and after-school educational enrichment. The kitchen serving meals needs to be upgraded to a commercial kitchen. The funds will help with these expenses and will allow the Academy to further expand their mission in the community and bring more to Christ.



Teacher Jonesia Hickman works with preschoolers Nola and Saint Arvie at St. Paul Lutheran Church, which turned Sunday School classrooms into innovative and creative learning spaces for little ones



“Book to Know to Help You Grow”



Our Books to Know group decided to meet the evenings in July, September and May afternoons during November, January and March.

Our next meeting will be November 10 at 2:15 pm in the Fellowship hall to discuss “A Single Thread” by Marie Bostwick.

Barnes & Noble says: New York Times *bestselling author Marie Bostwick weaves together the unforgettable story of four very different women whose paths cross, changing their lives forever...*

It's a long way from Fort Worth, Texas, to New Bern, Connecticut, yet it only takes a day in the charming Yankee town to make Evelyn Dixon realize she's found her new home. The abrupt end of her marriage was Evelyn's wake-up call to get busy chasing her dream of opening a quilt shop. Finding a storefront is easy enough; starting a new life isn't. Little does Evelyn imagine it will bring a trio like Abigail Burgess, her niece Liza, and Margot Matthews through her door...

Troubled and angry after her mother's death, Liza threatens to embarrass her Aunt Abigail all over town unless she joins her for quilting classes. A victim of downsizing, Margot hopes an event at the quilt shop will be a chance to network—and keep from dying of boredom....As they stitch their unique creations, Evelyn, Abigail, Liza, and Margot form a sisterhood they never sought—but one they'll be grateful for when the unexpected provides a poignant reminder of the single thread that binds us all...

Date	location	Book
Jan 12, 2023, 2:15 pm	Fellowship Hall	“Eve”s Daughters” by Lynn Austin
March 9, 2023, 2:15 pm	Fellowship Hall	“Pope Joan: A Novel” by Donna Woolfolk Cross
May 11, 2023, 7 pm	StoneBrooke Club house	“The Lion, the Witch, and the Wardrobe” by C. S. Lewis

Women's Ministry

LWML Mite Update: as of 8/31/22

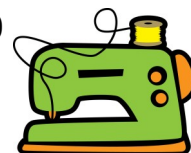
2021-2023 National Mission goal: \$2,150,000.00

Received: \$1,740,500.24

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 ~ Quilters will meet on Oct. 13th at 10:00 am until 2:00 pm. Oct. 27 we will quilt from 10-12 and have our Family Service meeting at 1:00 pm. 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! .



LWML News

Let's collect underwear! Join us during the month of October, along with the Evangelism Board in collecting underwear for Orphan Grain Train. LWML celebrates 80 years this year, so let's collect 80 pairs of underwear. Men's, women's and children's underwear is needed. All sizes. Look for a collection bin in the narthex. Underwear must be new and unused!



**Lutheran
Women
in Mission**

October 9 is LWML Sunday. Wear Purple and bring your noisy offering! Thank you to everyone who helps in making our annual LWML Sunday a success and thank you for your support with your Mites to support all the Mission Grants..

Sign up for the LWML Quarterly. The "Lutheran Woman's Quarterly" is the official publication of the Lutheran Women's Missionary League. It is full of inspirational articles, mission updates and more. And it is only \$6.00 per year. See the display table in the narthex to sign up. Your subscription will begin with the Spring issue, although extras are on the magazine rack in the narthex.

The LWML Fall Rally is Oct. 15 at Memorial Lutheran Church, Ames. Join us for an uplifting morning with the theme "Loving Your Neighbor". Judy Newhouse will speak on the "Heart to Heart Sisters of All Nations" program that is new to Iowa West. Registration begins at 8:30 am with a fee of \$7.00. Our Ingathering is gift cards for grocery purchases for International students. Lunch will be served at approximately 11:30 am. Sign up on the bulletin board if you would like to carpool. (Yes it is in town, but parking is not always easy at Memorial.)

Convention Memory from Vickie Roach: The Long awaited Convention: I served as Chair of Exhibits/displays for the 2020/2022 Convention. With 4 years of planning and replanning and, yes, more planning, it FINALLY happened!. Neither rain or more rain or heat could stop us now! Our vision was at last real!. So many Exhibits (total of 23), and so many conventioners ! We were blessed with so many worthy and gracious organizations. Mite goal was set high, but I'm sure we will save and compile a "MIGHTY" amount. And all the fun with silent auctions and ice cream! How can I forget the devotions at THE POINT always a joyous remembrance of my days as a youth camper, with songs and praises being lifted high on the breeze, as water skiers whiz by. By God's grace, years were washed away, wrinkles and gray hairs vanished.

What will happen at the next convention? Don't let it happen without you!

By the grace of God, I'll see you there! Vickie Roach

October 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!

	Oct 2 8:00 am	Oct 2 10:30 am	Oct 9 8:00 am LWML	Oct 9 10:30 am LWML	Oct 16 8:00 am	Oct 16 10:30 am	Oct 23 8:00 am	Oct 23 10:30 am	Oct 30 8:00 am	Oct 30 10:30 am
Organist	LaDonna Osborn	LaDonna Osborn	Ellen Sander	Ellen Sander	LaDonna Osborn	LaDonna Osborn	Praise Team	Praise Team	LaDonna Osborn	LaDonna Osborn
Elders	Tom Peter	Greg Gebhart	→							
Lectors	Lynn Dreyer	Alberta Voge	Breanna Wetzler	Gretchen Zitterich	Lynn Dreyer	Alberta Voge	Tom Baas	Cindy Baas	Lynn Dreyer	Alberta Voge
Acolytes	Cam Donavon	Carly Saienga			Cody Puck	Clay Taylor			Elias Buttery	Sam Fritz
Ushers	Lynn & Kim Dreyer, Reiny & Maureen Friedrich	Steve & Marleen Johnson, Phil & Alberta Voge	Kim Dreyer, Marleen Johnson, Vickie Roach, Breanna Wetzler	Marlene Johnson, Alberta Voge, Brenda Dryer, Gretchen Zitterich	Lynn & Kim Dreyer, Reiny & Maureen Friedrich	Steve & Marleen Johnson, Phil & Alberta Voge	Lynn & Kim Dreyer, Reiny & Maureen Friedrich	Steve & Marleen Johnson, Phil & Alberta Voge	Lynn & Kim Dreyer, Reiny & Maureen Friedrich	Steve & Marleen Johnson, Phil & Alberta Voge
Greeters	Mark & Janelle Swenson, Judy Peter	Tom & Beth Henriksen, Tanny Latuska	Janelle Swenson, Judy Peter	Beth Henriksen, Tanny Latuska	Mark & Janelle Swenson, Judy Peter	Tom & Beth Henriksen, Tanny Latuska	Mark & Janelle Swenson, Judy Peter	Tom & Beth Henriksen, Tanny Latuska	Mark & Janelle Swenson, Judy Peter	Tom & Beth Henriksen, Tanny Latuska
Offering Counters	TBA									
Altar Guild	Pat Thiede		Jan Ziebell, Angie Rouse		Pat Thiede		Pat Thiede		Judy Peter, Angie Rouse	
Power Point	Cindy Baas	Tate Esser	Katie Friedrich	Julie Coy	Amy Carver	Julie Coy	Breanna Wetzler	Julie Coy	Sarah Fahrman	Julie Coy
Sound Board	Tom Baas	Angie Esser	Tom Baas	Becky Jackson	Shaun Carver	Becky Jackson	Shaun Carver	Becky Jackson	Ben Fahrman	Becky Jackson
Camera	Harry Mundt		Matt Carver		Tom Baas		John Murphy		Eric Phipps	



October 2022 Preschool News



Preschool Sunday was a great success on September 25th! The children were shining their bright lights as they sang "This Little Light of Mine." The preschoolers enjoyed eating tasty ice cream and visiting with the fire fighter and police officers. Each new student received a Children's bag, a welcome bag, and a prayer partner for the school year.

Thank you to many of our church members who help the preschool keep our facility in great shape. Special thanks to: Ron Belz for cleaning the carpet before the Open House; Will Zitterich who fixed some broken furniture; Evangelism Board for making popcorn at the open house and for putting the welcome bags together; and church members who signed up to be a prayer partner. The children look forward to making you art this year and placing it in your church mailbox.



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Each year we look for people who would like to sub for the preschool when a teacher is absent. Please email (education@saintpaulames.org) or call Lori Jenks (515-233-1914) if you would like to help in this paid position. Preschool is in operations Mondays, Tuesdays, Thursday, and Fridays from 8:30-11:30 am.

We welcome our new Lion's Teacher Assistant, Jazmyn Muniz, to the St. Paul staff this year. Jazmyn is originally from Carroll, IA. She is currently working on her Bachelor's degree in Early Childhood Education. Jazmyn is creative, friendly, and loves children. She is great asset to St. Paul and we welcome her to the St. Paul family.



But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen. 2 Peter 3:18