

NOVEMBER 2022

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

Dear friends in the Lord:

What do you think of when you think of Thanksgiving? Turkeys roasting? Pies baking? Potatoes getting mashed? Kicking back and watching football? Driving “over the river and through the woods,” as to grandmother’s house you go? Taking a break from work? Coming to praise God at church? Shopping for super deals the day after (or the night of) your delicious meal?

As your pastor, you might expect I would suggest that Thanksgiving is ultimately about giving thanks to God. This is most certainly true. However, all dimensions of this holiday – from food to football to family – are what help make the event memorable. It could even be that some of those other elements of the holiday, those customs beyond your time in worship, are special blessings for which you give thanks to God when you come to worship.

God has blessed us materially, with food and clothes and home. For these gracious gifts we are grateful. God has blessed us relationally, with family and spouse and friends. For these gracious gifts we are grateful. God has blessed us physically,

with health and the ability to work. For these gracious gifts we are grateful. God has blessed us spiritually beyond measure, through Christ and His true treasures. *“Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ!”* (Ephesians 1:3) For all these blessings, we give thanks to God. May God bless you as you thank Him for every aspect you enjoy about Thanksgiving!

I have one more thought about giving thanks. When I give thanks, I think of you! I thank God for each of you, and for your partnership in serving our Savior together. I pray that God will be with you and bless you as you lift your thanksgiving to Him! *“I do not cease to give thanks for you, remembering you in my prayers!”* (Ephesians 1:16)

In Jesus, with thanksgiving,

Pastor Jenks



Inside this issue:

Worship Schedule/HOPE Gift Market	2
Altar Guild News	3
Wellness	4
Evangelism/Stewardship	5
Griefshare	6
Education & Youth	7-8

Women’s Ministry	9-10
Birthday and Anniversaries	11
Nov. Service Roster	12
Board of Directors	13-15
Preschool	16

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 6

8:00 a.m. Worship with Holy Communion

9:15 a.m. Education Hour

10:30 a.m. Worship with Holy Communion

Sunday, November 13

HOPE Gift Market

8:00 a.m. Worship Service

9:15 a.m. Sunday School

10:30 a.m. Worship Service

Sunday, November 20

8:00 a.m. Worship with Holy Communion

9:15 a.m. Education Hour

10:30 a.m. Worship with Holy Communion



Wednesday, November 23

Thanksgiving Eve

7:00 p.m. Worship Service

Sunday, November 27

First Sunday in Advent

Only One Service

10:00 a.m. Worship Service

Wednesday, November 30

Advent I

7:00 p.m. Worship Service



24th Annual HOPE Gift Market is November 13th between services in the Fellowship Hall.

November 13th is the date for our annual HOPE (Helping Other People Everywhere) Gift Market. This year we celebrate 24 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!



Altar Guild



We have extended our Thanksgiving Baskets of Plenty this year. We will be gathering our Thanksgiving donations on Sunday, November 13th and November 20th.

With all the needs throughout our country and with so many disasters and needs by so many of our Church families 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.*



PLEASE COME AND HELP DECORATE THE CHURCH FOR THE JOYOUS SEASON OF OUR SAVIOR'S BIRTH

What a joy it is to be able to worship together after so many months of being separated as a family in Christ during worship. With being together to worship and celebrate the coming of our Lord and Savior and the magnificent events of His birth, it is a time for us to assist in making our Church area a special time of rejoicing and singing praises. One way all of us can take part in this special time is offering to volunteer your time with assisting with the decorating and assisting with the beautification of our sanctuary and church area.

We will be "Decorating for Christmas" Saturday, Dec. 3 starting at 11:00. Please come whenever you can and join in the fun. We will be decorating the sanctuary and putting up the tree that is located on the east side of the Altar.

If anyone is unable to come on Saturday the 3rd and would want to volunteer on Friday the 2nd please let Judy Peter, Altar Guild Chair, know and she can assign you some decorating that can be done on Friday.

Wednesday, November 30th following the first Advent Service, if you could please stay and help with getting all the containers of Christmas decorations from the old balcony for decorating on Friday and Saturday. Your help is greatly appreciated.



COPD Awareness Month

Take Care of Your Lungs and Breathe Easier!

By Marlene Johnson

COPD is a disease that permanently damages the airways and air sacs in your lungs. COPD develops slowly and the disease gets worse over time. Early detection of COPD may change its course and progress.

In the US tobacco use is a key factor in the development and progression of COPD. 15 million people in the US suffer with COPD. Several million people in the US aren't even aware they have the disease. COPD is the 3rd leading cause of death in the US. Are your lungs trying to TELL you something!?

Here is a list of the symptoms of COPD:

- Frequent coughing or wheezing
- Shortness of breath while doing everyday activities
- frequent respiratory infections
- trouble taking a deep breath
- fatigue
- producing excess mucus

Some important facts about COPD:

- COPD is most often diagnosed in people 40+ who are or were smokers. 1 in 6 never smoked
- Long-term exposure to lung irritants (2nd-hand smoke, dust, pollution) can cause COPD
- A rare genetic condition can also cause COPD
- The #1 cause of COPD is cigarette smoking
- Vaccines (Flu and Pneumococcal) are especially important when you have COPD
- There is no cure for COPD

COPD is diagnosed with a simple test called spirometry. The test can be used to measure pulmonary or lung function to detect COPD in anyone with breathing problems.

As soon as you notice signs and symptoms MAKE an appointment with a physician. Before your doctor's appointment make a list of all breathing symptoms, and all activities no longer possible because of shortness of breath. SHARE!!! everything with your physician!

REMEMBER!!! The sooner COPD is diagnosed the better you will be able to breathe and live.

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.

Evangelism

November 27, Rev. Grulke and family will be here during Bible class. Come and hear their latest reports on what they are doing in Africa. We will have coffee and treats.



The Evangelism board wants to have a Christmas party for the children. If it is possible, this will be Saturday morning in the fellowship hall December 17th. We want them to have a Christmas party at church and it will be simple with story time and singing, making a craft with their parents and decorating Christmas cookies and receiving a gift.

STEWARDSHIP

SERVING IN YOUR CHURCH.

THERE SOMETIMES CAN BE NO GREATER JOY.

I'm always amazed at how people who work full-time jobs, sometimes six days a week, spend their time serving their church, when they could be resting and relaxing. Why is that? Why do people from all walks of life, who are sometimes exhausted from their day jobs, donate even more time and energy to their church? I've heard volunteers tell me that serving in the church is the "highlight of their week" or that they "look forward all week to serving". Why is that?

Here are 5 reasons why someone serves at our church and on your team.

1. **To grow in their relationship with Christ.** When someone serves on your team, they are surrounded with other believers that can encourage and strengthen their walk with Christ. They are hearing and seeing the Gospel lived out.
2. **It helps them discover their purpose and feel fulfilled.** When you serve and give up your time and energy for someone else, you get emotionally and spiritually recharged.
3. **To use their skills and talents for the Kingdom.** Each one of our volunteers have incredible skills, talents, and abilities. A lot of them are in day jobs that for one reason or another aren't allowing them to use all the gifts they have.
4. **Out of obedience to Jesus.** Mark 9:35 – "And He sat down and called the twelve. And He said to them, "if anyone be first, he must be last of all and servant of all." Jesus commands us to serve others.
5. **To follow Jesus' example.** Philippians 2:5-7 – "Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a **servant, being born in the likeness of men.**"

Griefshare

GriefShare – Surviving the Holidays Seminar



You're Invited to a light lunch and seminar on **Saturday, November 19th.**

St. Paul is offering a **GriefShare** seminar on **"Surviving the Holidays"** on Saturday, November 19th, in the St. Paul Fellowship Hall, for those who have suffered the loss of a spouse, child, parent, relative, or close friend, etc. If you know of others who would benefit by this seminar, please share this information with them.

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 blindside 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 / gzitterich@gmail.com or Pat Thiede at 515-290-9588 with any questions you may have and/or to **pre-register (deadline Nov. 13)** for this light lunch and seminar program. If you wish, you may register online at www.griefshare.org/holidays. The **cost is \$5** per person and payable at the door. **Lunch begins promptly at 11:45 a.m. and seminar lasts until 2:30 p.m.**



Fall Clean up

Our fall clean up will be November 12, 8 am to noon. 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



EDUCATION & YOUTH

From the Board of Youth:

We enjoyed our second LYF event for the 3rd-8th graders on October 12th. The theme was Pizza and Pumpkins. We enjoyed pizza together and then the kids decorated their pumpkins. We are very thankful to be able to provide fun activities for the kids. Always a good time!!

We are looking forward to our first LYF event for our high school group coming up on October 23rd. A reminder to high school families to submit your emergency contact information if you have not already done so and also to RSVP to amy.buttery@hotmail.com.



Education and Youth

Please pray for our youth and leaders who will be attending the IDW Sr. Youth Gathering November 18-20 in Des Moines. They are: Shaun Carver, Natalie Emery, Tate Esser, Tessa Esser, Daniel Murphy, Lydia Nelson, Eayon Phipps, Angi Esser and Carla Murphy. "Say What?" is the theme for the weekend where they will hear speakers, music, attend break out discussion rooms, Bible studies and more.



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.

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 10th.



Women's Ministry

LWML Mission Grants- Spiritual and Physical Food for Children of Peru 2021–2023 Mission Grant 17 — \$56,750

Castillo Forte (Mighty Fortress) Mercy House is an outreach of the LCMS Missions in Latin America and the Caribbean and was started in 2013. The people of Lima are unable to fully finance the work of the Mercy House, and the work of our missionaries, who feed the souls with the Word of God and show the love of Christ by feeding the parents and children's stomachs. Families come to receive food for their physical bodies, and they stay because of Jesus' love for them as He feeds them the spiritual food which sustains their souls. The healing power of Christ's love and redemption shine into the broken lives of the families making them whole. This grant would partner with La Mision Luterana and Castillo Forte to work together to care for the children and families of Lima, Peru, by providing for the needs of the body and of the soul.



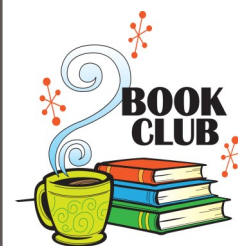
Missionaries and locals serve lunch at Castillo Forte Mercy House of La Mision Luterana. Every day children receive a healthy, well balanced, hot meal at the Mercy House. For some of these children this is the only meal they will have all day. After this nourishing meal for the body, children gather around to hear the Word so that their souls might also be fed.

“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 9/30/22

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

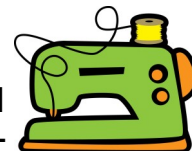
Received: \$1,835,123.52

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 Nov. 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! .



All women are invited to the Bountiful Harvest Bazaar at Trinity, Boone on Saturday, Nov. 5, 8:30 - 1:00 pm.

Morning coffee: 8:30 - 10:00 am

Lunch of Beef & Noodles, Pie 11:00 –1:00 pm.

Lots of homemade goodies for sale. Proceeds support Trinity's Mission Projects.

See the bulletin board for more information.

LWML Convention Memory- I had one of the most fun duties at the Camp Okobojo District LWML convention last summer. We always have a fun event to raise money for the MITE mission goal to support the many grants the LWML gives nationally and in our Iowa district. For a couple years we all donated purses. THAT was a big hit, as what woman can resist another purse. The prior convention the MIGHTY MITES MYSTERY SILENT AUCTION was launched and repeated this year. It was a big hit. Each society in the district is to bring at least one uniquely wrapped package. The wrapping and notecard can give a hint as to what's inside. I helped receive and display 112 packages for auction all throughout convention. On Friday evening we had a big reveal party and ice cream social. Raising money should be fun and this certainly was. Spending money should be fun also, especially when it is to further spreading the gospel of Jesus Christ. I loved seeing the smiles, surprised faces, laughter, and the JOY of giving and receiving. The result was amazing... over \$3000 for Mission Mites!!

Gretchen Zitterich



**Lutheran
Women
in Mission**



November 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!

	Nov 6 8:00 am	Nov 6 10:30 am	Nov 13 8:00 am	Nov 13 10:30 am	Nov 20 8:00 am	Nov 20 10:30 am	Nov 23 7:00 pm Thanksgiving Eve	Nov 27 10:00 am ONE SERVICE	Nov 30 7:00 pm Advent I
Organist	LaDonna Osborn	LaDonna Osborn	Choir	Choir	Ellen Sander	Ellen Sander	LaDonna Osborn	Praise Team	LaDonna Osborn
Elders	Mike West	Ron Coy	→				Greg Gebhart		Tom Peter
Lectors	Reiny Friedrich	Larry Wiebel	Alberta Voge	Tanny Latuska	Reiny Friedrich	Larry Wiebel	Jim George	Alberta Voge	
Acolytes	Sami P	Addison			Max	Wilson			
Ushers	Phil & Alberta Voge, Pam Mundt, Tom Peter	Jim & Sandy George, Larry Wiebel	Phil & Alberta Voge, Harry & Pam Mundt	Jim & Sandy George, Larry Wiebel	Phil & Alberta Voge, Harry & Pam Mundt	Jim & Sandy George, Larry Wiebel	Jim & Sandy George, Larry Wiebel	Phil & Alberta Voge, Harry & Pam Mundt	Phil & Alberta Voge, Harry & Pam Mundt
Greeters	Carver Family, Pete & Linda Peterson	Bud & Thelma Voetberg, Denny & Shirley Tice	Carver Family, Pete & Linda Peterson	Bud & Thelma Voetberg, Denny & Shirley Tice	Carver Family, Pete & Linda Peterson	Bud & Thelma Voetberg, Denny & Shirley Tice	Bud & Thelma Voetberg, Denny & Shirley Tice	Carver Family, Pete & Linda Peterson	Carver Family, Pete & Linda Peterson
Offering Counters									
Altar Guild	Jan Ziebell		Gretchen Zitterich		Gretchen Zitterich		Judy Peter	Beth Henriksen	
Power Point	Sarah Fahrman	Tate Esser	Katie Friedrich	Julie Coy	Amy Carver	Julie Coy	Julie Coy	Doug Litwiller	Cindy Baas
Sound Board	Ben Fahrman	Angie Esser	Breanna Wetzler	Ryan Latuska	Shaun Carver	Ryan Latuska	Cindy Baas	Tom Peter	Tom Baas
Camera	Harry Mundt		Eric Phipps		Tom Baas		Tom Baas	John Murphy	Matt Carver



November Preschool News 2022

St. Paul Lutheran Preschool thanks God for the special guests who visit the preschoolers each month giving us a rich early childhood learning environment.

- 1) **Kanga Kids** - Silly Sally comes to St. Paul and creates a 30-minute monthly entertaining exercise class for the 3-and-4-year-old children. She uses exercise, movement, music and puppets, to keep the children active and involved! This past month we danced to the Monster Mash and Dem Bones. We also balanced a bean bag on body parts and exercised using a hula hoop following directions from positional words (next to, in, out, through and on top). Miss Sally is an expert on physical fitness education and makes moving fun. We thank God for Miss Sally and her love of movement.
- 2) **Tuneful Journeys**—Wendy Nutini is the owner and director of Tuneful Journey. Wendy comes to St. Paul and provides a 30-minute monthly class session for all the classes at St. Paul. The children go on a musical journey through pretend play activities involving music, storytelling, creative movement and dance, instrument play, and literature. Miss Wendy is a delightful teacher of music. We thank God for her gift of teaching us the love of music.
- 3) **Smyles Story Time**—Miss Jenny and Miss Colleen, from the Ames Public Library present monthly story times to each classroom at St. Paul. Children need a variety of skills to become successful readers. These “early literacy skills” are the building blocks for later reading and writing. Miss Jenny and Miss Colleen’s goal is for preschoolers to increase their early literacy skills and become better prepared to enter school. Each month, they highlight one of the six early literacy skills: print motivation, narrative skills, print awareness, vocabulary, letter knowledge, and phonological awareness. We thank God for books. We thank God for Miss Jenny and Miss Colleen and their love of reading that they share with us.



This fall the teachers at St. Paul have taken a 16-hour class called **Circle of Security**. This class equips the St. Paul teachers with learning opportunities that provide a clear model of children’s attachment needs, and highlights the importance of the teacher in responding to these needs. The class also supported teachers to look beyond behavioral approaches to see the way attachment needs are communicated by behavior (and often misbehavior). The importance of the teacher as an attachment figure is responding to the children’s need. We thank God for opportunities of education and further learning for St. Paul teachers.

November brings about 2 favorite events in the preschool.

- 1) Parent-Teacher Conferences are being held on November 2nd and 3rd. Teachers enjoy sharing the preschooler’s growth since the beginning of the school year with parents. We thank God for children and their parents.
- 2) Grandparent’s Day is being held on November 21st and 22nd. Preschoolers love inviting their grandparents to spend some time with them at school doing a fun activity, eating a snack and attending chapel. We thank God for Grandparents!