

ST. PAUL LUTHERAN CHURCH
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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

Special Words from Your Pastor

And the angel said to them, *"Fear not, for behold, I bring you glad tidings of great joy, which shall be for all people. For unto you has been born this day in the city of David a Savior, which is Christ the Lord"* (Luke 2:10-11). Fear not—unto you a Savior has been born—we do not need to fear punishment for our sin. Fear not—unto you a Savior has been born—we do not need to fear the end of life, for we will have eternal life through Jesus Christ. Fear not—unto you a Savior has been born—we do not need to fear the evil of this world and the opponents of God's Word, for they are defeated by the power of our Lord. Fear not! We do not need to fear anything in life, thanks to Jesus Christ!

Jesus Christ wants us to have a vibrant and abundant life through Him. *"I have come that you may have life, and have it abundantly"* (John 10:10). What does it mean to live the abundant life? Certainly that abundance comes to us spiritually, as through Christ we experience blessing after blessing. That abundance also comes to us physically, as through Christ our bodies are blessed with true wellness.

A few years ago, the Board of Directors of our congregation approved the launching of a Wellness Team here at St. Paul. Connie Buss, a registered and licensed dietitian, leads this team and its endeavors. A number of members with backgrounds in healthcare, fitness, and/or an interest in wellness, are a part of this team. Throughout the year, in a variety of ways, this team encourages all of us in our wellness walk.

The holiday season is a time when so many activ-

ities and festivities present challenges to our wellness walk. The temptation to overeat is ever present (or to have too many sweets, if you have a sweet tooth like I do). Thank goodness that Jesus comes to defeat temptation, and to win the victory over Satan, for us! Thank goodness that Jesus gives us His Holy Spirit to live in us to empower us to live for Jesus. Thank God that the abundant life comes to us from Jesus, who tells us, *"Man shall not live on bread alone, but on every word that comes from the mouth of God"* (Matthew 4:4). At this time of year, maybe we could say, "We do not live on Christmas cookies only, but also on the Word of God that feeds us eternally."

May God bless all of you this month as you celebrate the abundant life we have in Christ! The hymn *Hark the Herald Angels Sing* has much to say about this abundant life: He is born to raise each child of earth, born to give us second birth! He comes to make His blessings flow far as the curse is found! He is born that we no more may die! Light and life to all He brings, risen with healing in His wings!

In Christ,
Pastor Jenks

*(Read more
about Wellness
on page 9.)*



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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, December 4

8:00 a.m. Worship with Holy Communion

9:15 a.m. Education Hour

10:30 a.m. Worship with Holy Communion

Wednesday, December 7 ***Advent II***

7:00 p.m. Worship Service

Sunday, December 11

8:00 a.m. Worship Service

9:15 a.m. Sunday School

10:30 a.m. Worship Service

(Sunday School Christmas Program)

Wednesday, December 14 ***Advent III***

7:00 p.m. Worship Service



Sunday, December 18

8:00 a.m. Worship with Holy Communion

9:15 a.m. Education Hour

10:30 a.m. Worship with Holy Communion

Saturday, December 24 ***Christmas Eve***

5:00 p.m. Worship Service

7:00 p.m. Worship Service

Sunday, December 25 ***Christmas Day***

Only One Service

10:00 a.m. Worship Service



Helping Other
People Everywhere

The Board of Human Care wishes to thank every member of the congregation who participated in making this year's HOPE Gift Market a success. We praise God for giving us such caring people who are willing to help those in need! May God richly bless each of you!

Angel Tree

All the gifts are due back to the church by Dec. 4. Thank you to everyone who is participating in this wonderful program. These gifts are



appreciated so much! Thank you to the Family Service women who set up the tree and organized this event.

Ways you can SERVE

STILL 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.

Altar Guild

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



We will be "Decorating for Christmas" starting at 11:00, Dec 3. A group has been organized to decorate the tall tree located in the east corner of the Sanctuary, but we will need help with all the other decorations. 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 getting all the containers of Christmas decorations from the old balcony for decorating on Friday and Saturday. Your help is greatly appreciated.

Poinsettia Orders



Poinsettia
ORDERS

Poinsettias for the dedication to the glory and honor of our God and for the beautification of our sanctuary are available for the price of \$13.00 per plant this year.

The deadline to order is Wednesday, December 7th. Order forms will be in the Sunday Announcement page the next couple of Sundays. This is a very special time to donate a poinsettia in memory of a very special date of celebration or in memory of a loved one. Watch the insert in the Announcement Page or copies will be available in the west entry of the church.



Join us for Advent Meals!

Meals will be served from 6:00 pm to 6:30 pm.

Nov 30— Women - Soup and Sweets

Dec 7—Baked Potato Bar— Ellen Sander's Discipleship Group

Dec 14— TBA



Griefshare



WHEN PEOPLE ARE IN GRIEF

Often, we wonder what to say to people who have lost a loved one when we go to the funeral home or when we first talk to them after the death.

Talking with a person grieving the death of a loved one takes us out of our comfort zone. We feel threatened because of our lack of knowing what to say; we may seek to control the conversation and talk about ourselves or another person we know who has gone through a traumatic event. Our compulsion is that we say something, and if we don't know what to say we feel out of control. There is nothing wrong with just being quiet and just listening to a person who is in grief. At other times we know just what to say, for the words of comfort come easily. Helping a person in grief means that we take the opportunity to focus on that person's needs and we look for a way we can help him or her. Never underestimate the importance of just talking about the loved one who died and remembering the good times. That is something we can feel comfortable with in our conversation.

WHAT DO WE NEED TO KEEP IN MIND AS WE TALK TO PEOPLE WHO ARE IN GRIEF?

Just talk with them. As you talk, you will notice their lead. They may be sad, in despair, or they may be happy or even lighthearted. Don't question their attitude at that time. They will have times when they laugh and when they cry. Roll with the punches and just be there for them and talk with them. Don't criticize them or preach to them.

Have you ever noticed when one person talks about something bad that has happened, another person may say, "I had an uncle who had something like that happen to him only worse." As if that would make the grieving person feel better. Why do we do that? Because we feel uncomfortable talking about something so sensitive. Bite your tongue at the urge to share your story when grieving people start to talk about their difficult situation. Instead, look for a way to draw them out and encourage them to share. When you listen to them, look at them and encourage them to talk. Give them your undivided attention. Many listeners are so afraid of silence that they don't let the person speaking continue with his or her thoughts. Ask questions so you understand the grieving person and his or her situation better, for this gives the person more opportunity to speak about his or her feelings and needs. Grieving people need to tell their own story, so be quiet and just listen when they talk.

Evangelism



Christmas Party

All children and their parents are invited to a special Christmas party on Saturday, December 17, 9 am in the Fellowship Hall.

There will be special Christmas lessons read to all. We will all make crafts together to take home and treats to enjoy.

If you have a special toy lamb, bring it, too.

From the Boards of Education and Evangelism

Education and Youth

Board of Youth

Our 3rd-8th grade LYF group met on November 9th for Painting with Pals. The kids painted to canvas boards and also created beautiful ornaments to give to someone they are thankful for. The high school youth will not have an LYF event this month as they are attending the senior youth gathering in Des Moines. A special note to our youth families: due to the Advent services and extra activities in December there will not be an LYF event for either group. We will gather again in January for bowling.



EDUCATION & YOUTH

IDW Jr Youth Gathering highlights

St Paul had 3 youth and one adult attend the IDW Jr Youth Gathering the end of October. It was the first time all of these members attended! They had a great time in Bible studies, music with Swen and Dean, and seeing Thomas! They can't wait to go again next year.



Pumpkins and Pals Highlights

The high school youth carved pumpkins while being reminded that God removes all our yucky stuff so we can smoke and shine, just like we do when making a Jack-o-Lantern.

They also made cards for 2 of our youth pals who are away and missing home.

Before the time ended, they made group tie dye T-shirts to wear to the IDW gathering to identify our group in November.



Women's Ministry

LWML Mission Grants- Bring the Inner-City Children to Camp 2021–2023 Mission Grant 16 — \$25,000

Lutheran Valley Retreat (LVR) shares both God's grace and the glory of His creation. Many families in metropolitan Denver are unable to fully finance camp tuition or provide transportation to LVR where their children would experience God's Word in daily devotions, singing, and worshipping around a campfire. This grant will span two summers when LVR will partner with Lutheran churches in Denver to arrange sign-up, transportation, and scholarships for 50 children from the inner city, so they could have this mountain-top camp experience. Research shows that the challenges of camp activities are transformational, giving children tools to overcome real-world challenges when they return home.

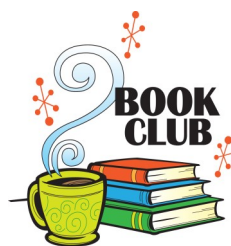


1 John 4:19 *We love because He first loved us.* LVR strives to share God's grace and glory in His creation. In the forest, away from daily life and cell phone coverage or other technology distractions, campers get to connect with God and each other.

“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 January 12 at 2:15 pm in the Fellowship hall to discuss “Eve’s Daughters” by Lynn Austin.



Barnes & Noble says: “What Would You Do If a Secret Was Causing Your Family to Crumble? Is there a secret terrible enough that it should never be revealed, not even if it was tearing a family apart? For more than five decades Emma Bauer has kept one—carefully guarding it with all her strength, and for more than five decades that choice has haunted her life and also

the lives of her daughters and granddaughter. Is it too late for wrongs to be righted? Does Emma even have the strength to let the healing power of truth work in her family? The story of four generations of women and the powerful effects that their choices have had on their lives is at the heart of *Eve's Daughters*, an epic novel from author Lynn Austin. Grand in scope but tender and personal at the same time, it will please you as a fan of contemporary or historical fiction. Exploring times from World War I to the 980s, *Eve's Daughters* is an insightful look at mothers, daughters, sisters, and families that allows you to see a little bit of yourself through the characters' triumphs, struggles, and hard-tested faith. Yearning for love, dignity, and freedom, the four generations of women must come to terms with the choices they have made. Healing comes when the past is forgiven but only when they embrace God's forgiveness can they shatter the cycle that has ruled their lives over the decades.”

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

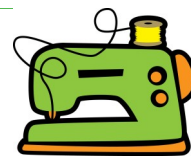
2021-2023 National Mission goal: \$2,150,000.00

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.



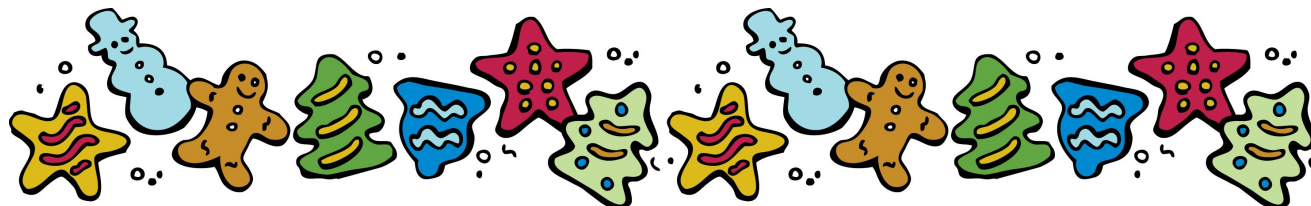
FAMILY SERVICE ~ Quilters will not meet in December, but will be hosting our annual Christmas Luncheon. Join us for quilting in January!



Family Service will be hosting a **Potluck/Christmas party December 8th** at 12:00 noon. All women of the congregation are invited to attend.

We always play games, and have a very good time.

If you would like to attend it would be appreciated if you would let the office know so we can get a count. Thank you.



It is time to start thinking about the 2023 LWML Convention

Date: June 22–25, 2023

Location: Milwaukee, Wisconsin

Theme: Celebrate the Lord of the Nations

Scripture Verse: *Blessed is the nation whose God is the Lord, the people whom he has chosen as his heritage! The Lord looks down from heaven; he sees all the children of man* (Psalm 33:12–13).

Goal Statement: As His children, we celebrate the Lord of the nations.

For more information, talk to Julie in the office.



Would you like to honor that birthday or anniversary with altar flowers? The Flower chart for 2022 is on the bulletin board. Sign up today.



Wellness in the Midst of a Month of Merriness and Busy-ness

Merry Christmas! Between all the shopping, baking, holiday parties, family gatherings and commitments, December can be an exciting time of celebration, as well as stress. 1 Corinthians 3:16 says, *"Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?"* Consider your eating: Are you eating a variety of healthy foods to nourish the body? Do you savor that delicious food and stop before you are stuffed? Consider your movement: Can you add 5 minutes of walking or some other activity every hour or two? Make this Christmas season a happy and healthy one by taking care of yourself and your body – a temple of the Lord!



December 2022 Sunday Service Roster

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!

	Dec 4 8:00 am	Dec 4 10:30 am	Dec 11 8:00 am	Dec 11 10:30 am	Dec 18 8:00 am	Dec 18 10:30 am	Dec 25 10:00 am Christmas Day ONE SERVICE
Organist	LaDonna Osborn		Ellen Sander		LaDonna Osborn		LaDonna Osborn
Elders	Jim George	Keith Folkmann →					
Lectors	Tom Baas	Larry Wiebel	Cindy Baas	Tanny Latuska	Tom Baas	Tanny Latuska	Vickie Roach
Acolytes							
Ushers	Pam Mundt, Vickie Roach, Dave Osborn, Tom Peter	Larry Wiebel, Jerry Schradle, Tessa Esser, Ryan Latuska	Dave Osborn, Vickie Roach, Cindy Baas	Jerry Schradle, Ron Coy, Tom Peter	Dave Osborn, Vickie Roach, Tom & Cindy Baas	Jerry Schradle, Ron & Julie Coy	Vickie Roach, Ron & Julie Coy
Greeters	Dean & Ardy Ulrichson, Lindsay Roach	Shorty & Claudia Riese, Dennis & Karen Griffin	Dean & Ardy Ulrichson, Lindsay Roach	Shorty & Claudia Riese, Dennis & Karen Griffin	Dean & Ardy Ulrichson, Lindsay Roach	Shorty & Claudia Riese, Dennis & Karen Griffin	Lindsay Roach, Dennis & Karen Griffin
Offering Counters	TBA						
Altar Guild	Connie Buss		TBA		TBA		TBA
Power Point	Cindy Baas		Sarah Fahr- mann	Julie Coy	Breanna Wetz- ler	Doug Litwiller	Julie Coy
Sound Board	Tom Baas	Angie Esser	Ben Fahr- mann	Ryan Latuska	Tom Peter	Ryan Latuska	Cindy Baas
Camera	Harry Mundt		Tom Baas	Matt Carver	John Murphy		Tom Baas



December 2022 Special Service Roster

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!

	Dec 7 7:00 pm Advent II	Dec 14 7:00 pm Advent III	Dec 24 5:00 pm Christmas Eve	Dec 24 7:00 pm Christmas Eve
Organist	LaDonna Osborn	LaDonna Osborn	LaDonna Osborn	LaDonna Osborn
Elders	Wayne Hagemoser	Keith Folkmann	Matt Carver	Phil Voge
Lectors	Ellen Sander	Tanny Latuska	Vickie Roach	Ellen Sander
Acolytes				
Ushers	Ellen Sander, Jerry Schradle, Keith & Carol Folkmann	Pam Mundt, Jerry Schradle, Keith & Carol Folkmann	Vickie Roach, Dave Osborn	Ellen Sander, Ron Coy, Tom & Judy Peter
Greeters	Tom & Beth Henriksen, Tanny Latuska	Tom & Beth Henriksen, Tanny Latuska	Tom & Beth Henriksen, Lindsay Roach	Tanny Latuska, Dennis & Karen Griffin
Power Point		Sarah Fahrman	Julie Coy	Julie Coy
Sound Board	Angie Esser	Ben Fahrman		
Camera	Tom Baas	Harry Mundt	Matt Carver	



TO FULFILL WHAT THE LORD HAD SPOKEN BY THE PROPHET.

Matthew 1:22, ESV



St. Paul Lutheran Preschool December 2022 News

Preschool Christmas

Program

Sun, December 11th at 4 pm

After 2 years of no in-person Pre-school Christmas Program we are thrilled to have it back in-person. The magical event will take place in St. Paul's sanctuary at 4 pm on Sunday, December 11th. Families, grandparents, extended family, and prayer partners are warmly invited to come to experience the joy of the season.

The 4-year-old, Lion Class, will be retelling the Christmas story in beautifully crafted costumes by member Norma Pietsch. The 3-year old classes (Lamb and Bear) will be singing festive songs.

The program is short and sweet and full of joy. Come join us!



Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me." John 14:6



Preschool Christmas Parties

Preschoolers will celebrate Jesus' birthday in their classrooms on Monday, December 19th and Tuesday, December 20th. Happy Birthday Jesus!



Merry Christmas Preschool Prayer Partners

St. Paul Lutheran Preschoolers want to wish their prayer partners a very Merry Christmas. The children thank you for your prayers, cards, and small gifts. We hope you enjoy the art work they create for each of you during the school year.

Then you will call on me and come and pray to me, and I will listen to you. Jeremiah 29:12



MERRY CHRISTMAS
