

JANUARY 2023

ST. PAUL LUTHERAN CHURCH
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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

Members of St. Paul,

As we begin the New Year, I pray that the joy of Jesus we celebrated at Christmas may continue to fill your hearts throughout this new year. As we begin this new year, we know that many new things lie ahead for us. Our congregation is embarking on new ventures of service to God as we prepare to gather pledges to construct brand new facilities at a totally new property. Perhaps you personally have plans for new things you would like to do this year. As you look ahead to the future and the new things that may come into your life in 2023, let me remind you of all the NEW things that have already come into your life through Jesus Christ.

"For this reason, Christ is the mediator of a new covenant...now that He has died as a ransom to set them free from the sins committed under the first covenant" (Hebrews 9:15). "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!" (2 Corinthians 5:17).

"Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead" (1 Peter 1:3).

God has brought about a new beginning in our lives through Jesus. The old has gone, the new has come! God's love for us springs forth new, not just each new year, but each new day. "Because of the Lord's great love for us, we are not consumed, for His compassions never fail. They are new every morning – great is thy faithfulness" (Lamentations 3:22-23).

May God enable you each day of this new year to celebrate the NEW things He has done for you. May God give you a new song of praise for all the new things He has done through His Son. "He put a new song in my mouth, a hymn of praise to our God" (Psalm 40:3).

I wish you a very Happy New Year through Jesus Christ our Savior!

Pastor Jenks



Pastoral Prayer for a New Year

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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, January 1

New Year's Day

Only One Service

10:00 a.m. Worship with Holy

Communion

Sunday, January 8

9:00 a.m. Education Hour

10:00 a.m. Worship Service

Sunday, January 15

9:00 a.m. Education Hour

10:00 a.m. Worship with Holy

Communion

Sunday, January 22

9:00 a.m. Education Hour

10:00 a.m. Worship Service

Sunday, January 29

9:00 a.m. Education Hour

10:00 a.m. Worship with Holy

Communion

**NOTE: New
Worship
Times**

An Update from the Building Committee

The building committee met with the ETHOS Design Group on December 15th to discuss the new facility's design status. Much of the discussion revolved around comments made during the voters meeting and since by various church members. The committee asked

ETHOS about the possibility of moving pre-school functions to the new location during

Phase 1 of the project. The group determined that it would be possible to add classrooms, a half-basketball court, and temporary preschool office in the fellowship hall with minimal changes to the overall footprint of the proposed building.

The next steps are for ETHOS to build a schematic design of the building so that a building contractor can complete a true cost estimate. ETHOS will submit the schematic design to Story Construction to work with its various subcontractors to complete a construction estimate. This process is expected to take until the end of February for all parties to complete. Up to this point, we have been working with estimates provided by the architects, which are less detailed than the actual construction estimate. This estimate will make it easier for the building committee to compare the costs of different features within Phase 1 and provide a better idea of the amount we will need to raise to proceed with construction.

The building committee members appreciate everyone's patience with this process and ask that you all continue to pray for God's guidance. Remember, all things are possible through God; with his help, he will guide us to where he wants us to be.





Are you aware?

Do you really know details of your life? Like, what do you really put into your mouth? How much do you really eat? How much do you really “move”? How do you really spend your money on non-essentials? How do you spend your time?

With the New Year, you may be thinking about resolutions, changes, plans to do better in some parts of your life. What is the first step? The step that has the most research behind it to support long term change is simply track or record the behavior. This is true whether we are talking about eating habit changes, activity changes, financial spending, or time spending (yes, that sounds funny, but how are you really spending your time?), etc. The log can be a fancy spreadsheet or a simple handwritten notebook. This log may reveal some surprises, and, later, record some amazing personal changes!

Consider keeping a record of what you eat, how much you eat, when/where you eat, why you eat, how you eat, so that you can more objectively set a plan to make a change. (You can substitute other behaviors in that sentence...keep a record of when you move, steps taken, or what you spend your money on, or how you use your time...it's all the same...what, when, where, why, how.) If you have a food change goal, benchmark your current eating with the goal of 2-4 cups vegetables daily, 2-4 servings of fruit daily, mostly consume whole grains, 2-3 fat free/1% dairy daily, 2-4 oz lean meat/protein choices at 2-3 meals daily and using moderate amounts of healthy fats. If it is activity, are you active/walking at least 30 min/day at least 5 days/week above your general routine? Set SMART goals (specific, measurable, achievable, realistic and time-bound) to help you change the behavior.

When you have a plan, keep recording what you are doing. You might just think twice about eating that piece of cake or skipping the daily activity, spending all evening playing games on the computer, if you are logging the behavior. Of course, only work on one or two behaviors at a time to be successful.

Patience. Babies don't learn to walk overnight. They slowly pull themselves up beside the couch, giggle, fall down, giggle, stand up, fall down, giggle, get help from others around them, have cheerleaders, fall down again and again, before they learn to walk, laugh, and, later, run. Give yourself some grace, falling down is okay, giggle and laugh, get some helpers or cheerleaders, but keep getting up and trying. You can succeed!

Blessings to you in 2023!

“So let us not grow weary in doing what is right, for we will reap at harvest-time, if we do not give up.” Galatians 6:9

IT DOESN'T SEEM THAT IT SHOULD BE TIME TO TAKE DOWN OUR GLORIOUS CHRISTMAS DECORATIONS, BUT IT IS!

*Undeck
the Halls*

WE NEED VOLUNTEERS TO HELP BOX UP ALL THE DECORATIONS AND STORE THEM AWAY UNTIL NEXT YEAR.



Epiphany is Friday, January 6th, so we will be working on putting the decorations away on Saturday, January 7th at 9:00 AM until everything is done. There are a lot of decorations that need to be put away and stored in the old balcony closet.

Your help is greatly appreciated.

Evangelism

Mission Speaker—Gary Ties January 29

Gary Thies from Mission Central will be our mission speaker at Adult Bible class at 9 a.m. and 10 o'clock church. To make this a special mission Sunday there will be a potluck Continental breakfast at 8:30 AM.

This is a potluck and we are suggesting sweet rolls, coffee cakes, fruit, etc. Easy to prepare, serve and clean up. Come and enjoy and visit with Gary.



Our mission dollars are at work and it is amazing how far they go.

Ysleta Lutheran Mission in El Paso, TX, must care for many people with food and clothing. In 2021 28,000 received food at this mission. Over 20,000 pounds of food from Orphan Grain Train were sent to "Anaps" for families in crisis there.

Thank you for your donations to the Orphan Grain Train tubs and cash gifts for HOPE Ministries.

St. Paul's first series of the GriefShare course has been completed by 7 attendees. Pat and I are so thankful to God for choosing us to serve in this amazing Griefshare ministry. God has equipped and empowered us every step of the way. All glory goes to God.



Our next series will begin Tuesday, February 28th. We will meet in the lower-level conference room from 1pm – 3 pm. The series will conclude May 9th. We will be combining some lessons, thereby shortening the course to 11 or 12 weeks.

To register go to www.griefshare.com and click on "find a group". Deadline for registration is February 12 in order to obtain materials in time. For information call or text Gretchen Zitterich at 515-201-7570. Thank you, Gretchen

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.

Education and Youth



A thank you from the Board of Education to all the youth that participated in the Sunday School Christmas program. The ensemble did a great job along with the youth that had speaking parts and our acolyte Clay T. for lighting all the beautiful candles. From the first book of the Bible to the last we hear about the Light that God promised to send His people – the Messiah, who brings the gift of salvation through His birth as a human being, His perfect life, and His sacrificial death to pay for sin. The title of the Children's Christmas Service was, "Light a Candle," the theme was carried throughout the service by lighting candles on the altar, and the four Advent wreath candles shining God's Gifts of Grace, Love, Peace and Joy. These gifts bring us true light and help us reflect God's light and love to those around us.



A few items from the Board of Youth:

We did not have an LYF event for December – we hope you enjoyed the time with your families, the many events this time of year and most importantly - the joy of Jesus' birth!

We have a few things coming up that you won't want to miss. Our LYF event for grades 3-8 will be on Wednesday, January 11th. We will be bowling at Perfect Games!! Parents, we will ask that you pick up your children at Perfect Games and we will have a sign out sheet as well.

The date for the high school LYF will be **Sunday, January 15th** and we will also be bowling.

A couple of important dates to remember –

Youth Sunday will be on February 26th. We will have two Saturday practices on the **18th** and **25th**. More information will come out by email but we wanted to get the dates out now.

Also for our high school youth – look for information from Carla regarding the Winter Jam concert also in February.

-Amy and Stephanie

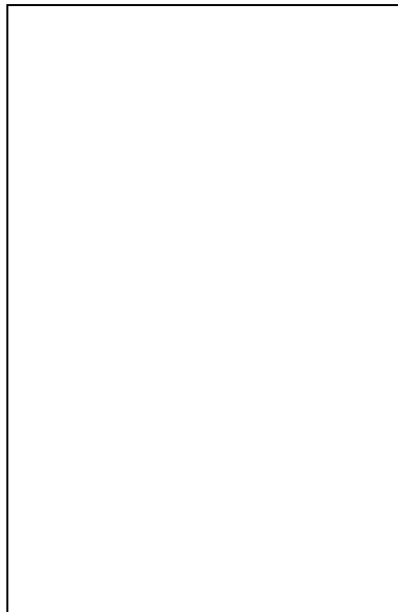
EDUCATION & YOUTH

Say What?! IDW Youth Gathering Highlights

We had 7 youth and 2 adults attend the IDW Youth Gathering in Des Moines on November 18-20. They all represented our church well by actively participating in Bible study, small group discussions, they asked questions of the speakers and many times sat in the first few rows! One of our youth even went on stage to read a reading at the closing worship service! We'd like to thank the congregation for their prayers and support of our young people.



Back: Eayon, Daniel, Shaun, Tate, Shaun, Lydia, Natalie, Tessa. Front: Carla, Izaak (from Camp Okoboji), Angi.



Service project—care packages for first responders.



Tate reading at Sunday worship Service.

We even saw Maddie who served as a YAV. It was great to see her!

(Young Adult Volunteer)!



Youth in grades 7-12: Save the date to Jam!

The Board of Youth with help from the Evangelism Board want to take a group to **Winter Jam** on **Friday, February 10** at Wells Fargo in Des Moines. Any youth in grades 7-12 are invited. Your \$15 admission will be paid and transportation provided. All you need is money for concessions or souvenirs! Doors open and pre-Jam starts at 6 pm with main concerts starting at 7 pm. There's a great lineup of Christian music including: *We the Kingdom*, *Jeremy Camp*, *Anne Wilson*, *Andy Mineo*, *Austin French* and more! Look for more info out soon along with a sign up sheet. For questions please contact Carla Murphy.



Camp Okoboji

Are you ready for summer and fun at Camp Okoboji? There is something for everyone! (Registration is already open.)

June 2-4 Kid's Kamp (for K-2nd grade with an adult)

June 8-11 Joy Camp #1 (for campers with developmental needs)

June 25-29 Cub Week #1 (for 3-5th graders)

July 2-7 Family Retreat (For families of all ages)

July 9-15 Jr. High Week (For 6-8 graders)

July 13-16 Joy Camp #2 (for campers with developmental needs)

July 16-22 Cub Week #2 (for 3-5th graders)

July 23-29 Youth Week (for High School students)

July 30-Aug 4 Family Retreat (For families of all ages)

Aug 6-11 Family Retreat (For families of all ages)

Counselors and Summer staff are also needed. For more information go to www.campokoboji.org.



Women's Ministry

LWML Mission Grants- "Ends of Earth" Scholarships 2021–2023 Mission Grant 18 — \$50,000

MOST Ministries is receiving more requests from LCMS missionaries and national church leaders to provide teams to go to the "ends of the earth" places such as Uganda, Tanzania, Kenya, Ethiopia, Ghana, South Africa, Thailand, Peru, and Sri Lanka to work side-by-side with missionaries, sharing the Gospel. The travel cost (up to \$5,050) of the short-term mission trips to these distant places has become prohibitive, and has made it challenging for willing people to join a team. Currently, team members are personally responsible for their total per person cost. Not only do they use personal funds, but they are encouraged to reach out to members of the body of Christ to participate in the mission with encouragements, prayers, and financial support. This grant would offer financial support to cover up to one-half the cost of each participant, not to exceed \$2,000



"It is in the eyes of the children that we see the future" — Unknown Author. After receiving sunglasses to protect their eyes, Muzi Khumalo shares the gospel message through finger puppets with some of the children the MOST Ministries team met while in South Africa serving on an Eyeglass team. Muzi proclaims "It is our duty to take care of the future, to ensure that those that come behind us, live as generously happy as we did. It is through the caring for our children that we will succeed in this."

"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 10/31/22

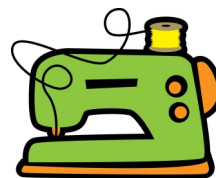
2021-2023 National Mission goal: \$2,150,000.00

Received: \$1,925,204.38

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 January 12 from 10 to 2 pm and January 26 from 10 to noon with our Family Service meeting at 1 pm. Bring a sack lunch and join us for the fun!



It is time to think 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.

Early registration opens Jan 9. If you would like to room in the same hotel as other St. Paul women, talk to Julie in the office. A bus option is also available.



Several women from our congregation will be going to the LWML Convention in Milwaukee and will be able to take Gifts from the Heart collected by our congregation.

Items being collected are: For Phil's Friends (provides Christ-centered support and hope to those affected by cancer) - Puzzle books, Journals, Playing cards (regular), Fuzzy socks, Hats (knit, crochet, or baseball), Walmart gift cards* (any denomination); For Refuge for Women (a recovery program for victims of human trafficking and sexual exploitation) - Gift cards* in any denomination from Walmart, Target, or Kohl's; For MOST Ministries (provides short term mission opportunities for individuals to support Christian ministries around the world through witness and service)- Recycled, new, and like-new eyeglasses; and For Orphan Grain Train - Completed Hygiene Kits which contain 1 bath towel, 1 washcloth, 1 bath-size bar of soap, 1 toothbrush, 1 sturdy comb, 6 band-aids (½ or ¾ inch), 1 small package of facial tissues, 1 nail clipper, tied with 1 piece of strong cord or ribbon.

Watch for collection boxes, or check with the office.

AMERICAN HERITAGE GIRLS

Good morning,

It has been a wonderful last couple of weeks at AHG and I am so excited to tell you all about it! First off we had some girls this last Monday go to Northridge Village to go Christmas caroling which is one of our favorite Christmas traditions. The girls had so much fun singing and seeing everyone be filled with joy as they sang. The girls also handed out Christmas cards they made at the last meeting. We are finishing up our badges from last time (that all were so much fun!) Have a wonderful week.

God Bless,
Julia

American Heritage Girls is a Christ-centered character and leadership development program for girls 5 to 18 years of age. AHG is dedicated to the mission of building women of integrity through service to God, family, community, and country.

