

FEBRUARY 2023

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

A Note from Your Pastor

Friends in Christ – Every Sunday is special, as we gather in God’s house to be fed by the Lord through His Word and Sacrament, and to offer God our worship and praise. This month, however, we have some extra special celebrations.

February 5 – Salt and Light Sunday – What do salt and light have in common? Come find out as we talk about a specific teaching of Jesus. Hint: Think about what Pastor Finke has taught us. *“You are the salt of the earth.... You are the light of the world”* (Matthew 5:13-14).

February 12 – Team Sunday – This fun annual event hosted by your Board of Education reminds each of us we are all part of God’s team at St. Paul. The Lord uses each one of us as we work together to accomplish His mission. *“Now you are the body of Christ, and each one of you is a part of it”* (1 Corinthians 12:27). You are invited to wear your favorite team shirt today (options include a sports team shirt or a religious shirt/St. Paul shirt indicating you are on God’s team).

February 19 – Transfiguration Sunday – Many people love the majestic mountains God has made. In addition, many of us

have had “mountaintop” experiences in life. Today we remember the mountain where Jesus was transfigured and the mountaintop experience this was for Christ’s three closest disciples. *“Jesus... led them up a high mountain by themselves. There He was transfigured before them. His face shone like the sun, and His clothes became as white as the light”* (Matthew 17:1-2).

February 26 – Youth Sunday! Once each year, our youth share their talents by leading the worship service. As our youth use their gifts of music and speaking, the Bible’s message comes to life in a special way. Come celebrate the youth of our church! *“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity”* (1 Timothy 4:12).

You are warmly invited to attend these special worship opportunities!

Your pastor and
worship officiant,
Pastor Jenks

from
the **Heart**

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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, February 5

9:00 a.m. Education Hour

10:00 a.m. Worship with Holy Communion

Sunday, February 12

9:00 a.m. Education Hour

10:00 a.m. Worship Service

Sunday, February 19

9:00 a.m. Education Hour

10:00 a.m. Worship with Holy Communion



Wednesday, February 22

Ash Wednesday

7:00 p.m. Worship with Holy Communion

Sunday, February 26

9:00 a.m. Education Hour

10:00 a.m. Worship Service

An Update from the Building Committee

Pastor has recruited members for the Ministry Expansion Campaign's executive team which will be meeting with LCEF staff on January 26th and 27th. Matt Carver reported that the building committee is waiting on a more specific dollar estimate from the architect in order to begin fundraising. ETHOS will pass along plans to Story Construction to produce a more concrete cost estimate. Building Fund contributions received in December are a very positive start to the campaign. Ethos firm will design preschool rooms in the Fellowship Hall which will include 4 classrooms and an office.



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.

FREE Event offering CPR Training right here at your church!

On the recent night when a Buffalo Bills player collapsed on the field, everyone in our nation realized the benefit of CPR. It literally can and did save a life. Thank goodness the NFL had medical staff ready!

For those not playing in an NFL game, if a person's heart stops, by the time medical personnel arrive it may be too late. Would you know how to perform CPR on a loved one, friend or neighbor, if you needed to do so? The St. Paul Wellness Team wants to provide you with that knowledge.

We are holding a free CPR training workshop here at St. Paul on Sunday, March 5, right after the worship service. You'll learn how to perform basic CPR and also how to use an AED (defibrillator), like the one we have here in our entryway. Chris from Mary Greeley Medical Center will provide the training for us. He says he will cover "the practical aspects of CPR and AED use" with "hands on experience" too, not just a lecture.

Adults of all ages, and youth from 6th grade on up, are welcome to come and learn. Please note! This is not a certification workshop – that could cost us \$70 per person. If you're looking for certification, you'll be looking and paying elsewhere. This is FREE training to provide basic knowledge for everyday life.

There is no charge, but we will need people to sign up to help our speaker and our Wellness Team know how many to prepare for. Please plan to stay with us after worship on March 5 to gain some knowledge that could make a world of difference in a critical moment!





FEBRUARY: HEART MONTH by Connie Buss

I thought a long time as to what I should write about for Heart Month. I could review heart healthy eating, physical activity, managing stress, maintaining healthy relationships, etc. However, recent events prompted me to remind everyone that they can and should know basic CPR.

Last month, football fans watched an NFL player drop in the game and were told that CPR was administered on the field. By God's grace, this young man survived! How often does that happen in our community? If you watched a teen or adult have collapse like this, would you know what to do? Are you CPR certified? Do you practice those skills? Would you consider getting trained in CPR?

Many non-medical people are reluctant to learn CPR, for many reasons. It sounds too hard. I don't want to be mouth-to-mouth with anyone, I don't know where to get trained, etc.

Did you know that there is a "Hands only CPR?" The American Heart Association has an easy video that goes through the simple steps. It does not include the mouth-to-mouth breathing of CPR, nor does it instruct in use of the AED, but it does provide life sustaining assistance until further help arrives.

The first, very important step of CPR is calling 911 by either yourself, or by someone nearby.

After this, placing the heel of the hand directly on the center of the chest, with the other hand over it, with finger laced together, begins this process. Pushing hard and fast, 100-120 times/minute can save someone's life. That beat of pushing hard is the same beat as the song "Stayin' Alive" by the Bee Gees!

The above directions are not intended to teach you this!!! It is to show you that it is easy. Please go to the AHA website at heart.org/handsonlyCPR and watch the video once or twice. Get familiar with the technique. Be ready to respond. It can save a life. If you want to be CPR certified, the Red Cross sponsors classes at a very reasonable cost.

In addition, St Paul has an Automated External Defibrillator (AED) outside the main office. Do you know what an AED is? Do you know when and how to use it? Instructions are inside the case. Maybe consider checking that out, too! You do not need to be a medical professional to use an AED.

Be informed. Be ready to save a life.

From the American Heart Association, reprinted with permission, is this easy recipe!

Balsamic-Glazed Fish

4 mild white fish fillets (about 4 ounces each)

Pepper to taste (freshly ground preferred)

$\frac{3}{4}$ cup balsamic vinegar

1 TBL extra-virgin olive oil

1 TBL fresh lemon juice

Directions:

Preheat the oven to 450 degrees F

Put the fish on a 13 x 9 x 2" baking dish. Sprinkle the pepper over the fish. Bake for 10-12 minutes, or until the fish flakes easily when tested with a fork.

Meanwhile, in a small microwavable bowl, whisk together the vinegar, oil, and lemon juice. Microwave, covered on 50 percent power (medium) for 2 minutes, stirring once halfway through.

Drizzle the glaze over the fish.

Nutrition Information, per $\frac{1}{4}$ recipe: 165 calories, 20 gm protein, 4.0 gm fat, 0.5 gm saturated fat, 73 mg sodium.

Evangelism

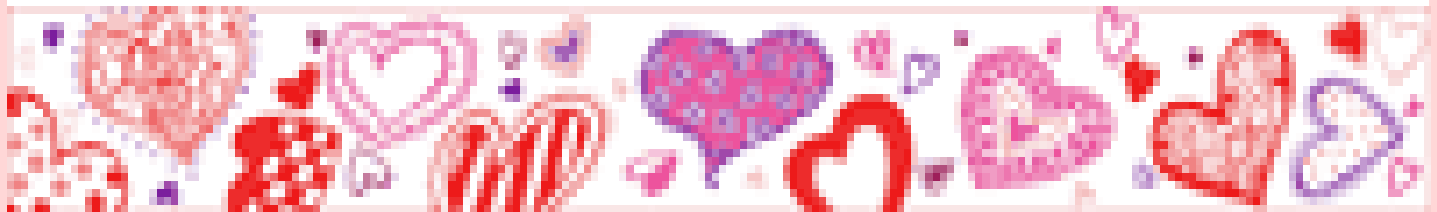
Orphan Grain Train

Preschool has just finished a collection for Layette kits and we have an ongoing collection for school kits.

Let's change our focus to Health and collect items for health kits. When families are displaced, they don't have anything and they need, such items to keep their bodies clean and healthy. They welcome kits with basic items. We can make these kits with the following items. there will be a separate tub for kit items: a bath towel, one washcloth, one hand towel, one large bar of soap, one toothbrush, one comb, small tissue pack, and band aids. Dark-colored towels are preferred. We can purchase tissues and band aids in quantity to put in the kits.

CONTENTS □ 1 bath towel □ 1 wash cloth □ 1 bath-size bar of soap □ 1 plastic soap box holder □ 1 toothbrush □ 1 sturdy comb □ 6 band-aids (½" or ¾") □ 1 small package facial tissues □ 1 nail clipper □ 1 piece of strong ribbon or cord .

Watch for bargains for winter items for all sizes and there is always a need for clothing for all sizes and bedding is also always needed.



GriefShare, St Paul's grief support ministry will begin on Tuesday, February 28 from 1-3 pm. The meetings will be held each Tuesday in the lower-level conference room. Facilitators are Gretchen Zitterich and Carolyn McCall of Memorial Lutheran. Please call, text, or email Gretchen with questions or to register at: 515-201-7570 or email gzitterich@gmail.com; There is no charge due to generous donations. Registration deadline is February 12 so we can order the workbooks.



Videos feature top experts on grief and recovery subjects, pastors, GriefShare leaders, and people like you. In the eleven-week series, one can begin at any time, as each session is self-contained.

Stewardship

New Beginnings...Old Promises!

From Jeremiah 29:11 we read: *"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."*

Facing the beginning of a New Year can be intimidating. The uncertainty of starting another year with concerns about employment and workplace environments...your personal health or the well-being of a loved one...strained family relationships...your ability to earn enough to support your household. Uncertainties like these often cause so much anxiety that they can become emotionally paralyzing. Through prayer, God can help keep our anxieties at bay.

The beginning of a New Year offers opportunities for strengthening our relationships with God, our Great Provider, and with our earthly church and fellow worshippers. For this new beginning, there should be no stress and anxiety...God sees to that by standing true to old promises He set forth from creation. As is promised in Jeremiah, "God knows His plan for our welfare and not for evil, to give us hope and a future!"

We can proceed into the New Year, without fear, thinking about how we can strengthen our relationship with God and St. Paul through more prayer...more Bible study...more service and support to St. Paul through volunteering of time and talents...more physical attendance at worship services to receive Christ's body and blood...more return of God's blessings through additional financial offerings...more kindness and empathy to our fellow members.

Let us proceed joyfully with new beginnings this church year with the assurance and comfort of God's "old scriptural promises" by our sides. Together, let's join together to do what we can to make this a blessed year in the eyes of our Lord! ~St. Paul Board of Stewardship

Education and Youth

Super Sub Fundraiser Sale



When: February 12, 2023

Sales start January 22

Pick up sandwiches on Feb. 12 before or after the Sunday Service.

Funds help the Youth for the 2025 National Youth Gathering In New Orleans.

Education and Youth

Greetings from the Board of Youth!

January brought us some fun times with our youth! Our LYF event for January was bowling. The kids enjoyed pizza, bowling and arcade games at Perfect Games. The 3rd – 8th grade LYF got to bowl on January 11th and the high school group got to go on January 15th. Please note the epistle items are due before the high school event so we were not able to submit photos of our high school youth.

Parents of Youth – please be watching for emails coming regarding **Youth Sunday on February 26th**. We will have practices on Saturday, February 18 and 25. We will be sending out a Sign Up Genius for the youth to sign up to play in the ensemble and lead the congregation in worship in a fun and constructive way!



EDUCATION & YOUTH



Hey Youth in grades 7-12: Sign up Today to go with us to Winter Jam on February 10!

The Board of Youth with help from the Evangelism Board want to take a group to Winter Jam for a night of Christian music. The event is on Friday, February 10 at Wells Fargo in Des Moines. Any youth in grades 7-12 are invited. Your \$15 admission will be paid by evangelism and transportation provided. All you need is money for concessions or souvenirs! Doors open and pre-Jam starts at 6pm with main concerts starting at 7pm. Once we know who all is going, we will decide on a time to meet at church to car-pool. Sign up on the bulletin board or contact Carla Murphy.



Camp Okoboji

Register NOW for Summer Camp at Camp Okoboji and get 10% discount on your registration! Register online before March 1 and you can get 10% off your registration cost! No payment needed at time of registration, just complete the forms!

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 completed 3-5th graders)

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

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

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

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

July 23-29 Youth Week (for High School students grades 9-12)

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.

Or contact Carla Murphy.

The playground at the camp is very outdated and the equipment and surface are not safe.

From Feb. 1 to April 15 the Camp Auxiliary will have a matching fund campaign. Up to \$20,000 will be matched 2 to 1. If you would like to donate to the camp playground fund, send checks to: Camp Okoboji Auxiliary, 1531 Edgewood Dr., Milford, IA 51351. Memo line— Playground. Thank you!



Women's Ministry

Needed: Hospitality Chairperson



**CAN
You
HELP?**

The Hospitality Chair is the person who oversees the kitchen at funerals or other special church events. Due

to a health concern, Ellen Sander is not physically able to continue in this roll, but she will gladly share everything she knows if someone will step into this position. If you can help Ellen, please call her at 515-520-9638. Thank you!

Save the Date!

St. Paul will be hosting the Boone Zone Spring Rally.

The date is April 1 at 9:00

am. We will have more information on our speaker and Theme in the next Epistle



**Lutheran
Women
in Mission**

Women's Ministry

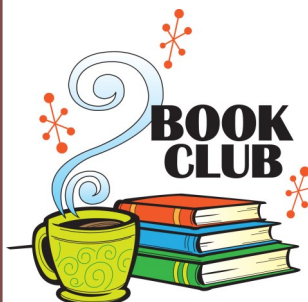
LWML Mission Grants- “Showing God’s Love in the International District, Albuquerque, New Mexico- 2021–2023 Mission Grant 23 — \$98,000

Albuquerque’s International District is home to an ethnically diverse and disadvantaged population with a high crime rate. God Cares About You Mission, which is supported by nine area Lutheran churches, is transforming lives both now and for eternity. Their outreach includes a clothing bank, children’s ministry, food bank, back-to work program, Christian fellowship, meals, Bible studies, worship services, street evangelism, and counseling. Currently, the programs are only offered three days a week and they want to expand to six days. With this expansion, they need to add a services director and kitchen manager to better manage the programs offered. Help is sought for their salaries. With the funds from this grant, God Cares About You can expand their ministry and reach more with Christ’s love.



This is the God Cares About You food distribution in which people get large boxes of food and everyone picks what they want. People in the neighborhood come, many homeless, families and refugees from other countries. Staff members let everyone know what is available and encourage them to take what they want, even for friends and neighbors in need. It is in a court yard with tables on two side and the another side is fresh product and fresh bread. During the food distribution relationships are built between those who come for food, clothing, staff, volunteers and all involved. Most share their faith with these people who often feel alone and are searching to fill their hearts. Many will tell the volunteers and staff that they turned their lives over to God due to the testimony of others.

“Book to Know to Help You Grow”



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

Our next meeting will be March 9 at 2:15 pm in the Fellowship hall to discuss “Pope Joan” by Donna Woolfolk Cross.

Barnes & Noble says: “In this international bestseller and basis for the 2009 movie of the same name, Donna Woolfolk Cross brings the Dark Ages to life in all their brutal splendor and shares the dramatic story of a woman whose strength of vision led her to defy the social restrictions of her day.

For a thousand years her existence has been denied. She is the legend that will not die—Pope Joan, the ninth-century woman who disguised herself as a man and rose to become the only female ever to sit on the throne of St. Peter. Now in this riveting novel, Cross paints a sweeping portrait of an unforgettable heroine who struggles against restrictions her soul cannot accept.

Brilliant and talented, young Joan rebels against medieval social strictures forbidding women to learn. When her brother is brutally killed during a Viking attack, Joan takes up his cloak—and his identity—and enters the monastery of Fulda. As Brother John Anglicus, Joan distinguishes herself as a great scholar and healer. Eventually, she is drawn to Rome, where she becomes enmeshed in a dangerous web of love, passion, and politics. Triumphant over appalling odds, she finally attains the highest office in Christendom—wielding a power greater than any woman before or since. But such power always comes at a price.”

Date	location	Book
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 11/30/22

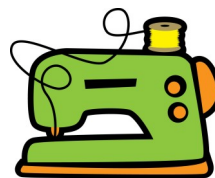
2021-2023 National Mission goal: \$2,150,000.00

Received: \$2,048,385.20

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 February 9 from 10 to 2 pm and February 23 from 10 to noon with our Family Service meeting at 1 pm. Bring a sack lunch and join us for the fun!



Ash Wednesday Soup and Pie supper. The soup and pie supper will be February 22 at 6 pm. We will need lots of yummy soups and pies. Also helpers to set up and clean up. The sign up sheet will be on the bulletin board soon. We appreciate all who bring items or help.



Registration is open for 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. 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,

We just got back from break not too long ago, so instead of the usual what the girls are up to we have interviewed Kaylee about the Abigail Adams Level Award that she recently completed. This is the highest Level Award in AHG and it is similar to an Eagle Scout in Boy Scouts. AHG has one more award available to earn, the Stars & Stripes Award, and it's even harder!

Question one-What leadership position(s) did you fill? Did you enjoy them?

-The leadership position I served for both years was Patrol Leader. I love being a Patrol Leader as you get to connect really well with the girls you're grouped with and have time with not only girls your age but the full spectrum!

Question two-What was your multi-troop or community outreach project? What troop activity helped with completing this award?

-My project was making free meals for veterans and I distributed them at Ames Family Dental's free day of service for veterans. We made 18 lasagnas, a bunch of thank you cards from girls in our troop, and had sweets like cookies and muffins that we handed out as well. To do this, we had to fundraise, so I had a donut sale for families in the troop and raised \$378 total (including some free will donations). All of the AHG events like bake sales and different service projects helped prepare me.

Question three-What was your favorite service project you did?

-My favorite service project was definitely the making of the lasagnas and handing them out the day of. Me and my best friend spent all morning cooking 18 lasagnas in my grandma's kitchen and it was a ton of fun! (And really messy haha). I also loved giving them out because it was at the end of my project so all of my hard work had come full circle and I got to meet some awesome veterans and witness the thankfulness they had for the meal and thank you cards the girls had made.

Question four-What do you think was a good takeaway from the project?

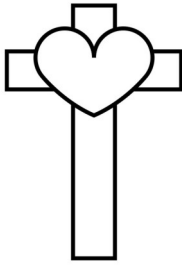
-I think a good take away from this project is just appreciating our soldiers and remembering that even a little thing (like a thank you card from a seven year old) can go a long way and easily make someones day.

Question five-What was your favorite part of the project?

-My favorite part of this project was the help from my family and friends along the way that made the entire thing so much fun! I find such comfort and confidence in community so having support from not only whole troop, but my family and friends from school and outside of AHG was really special.

Thank you all for reading and God bless,
Julia





St. Paul Lutheran Preschool February 2023 News

"No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us." 1 John 4:12

February is an exciting month at the preschool. Love is in the air as we get ready to share kindness with our friends by giving them valentines! This activity takes a lot of thought and time. What type of valentine do I want to give? Do I want to buy them or make my own valentines? Do I want to add a small treat with it? How do I write people's names on the cards? How will I deliver the valentines to my friends? Will I get them done by the Valentine's party? With all this in mind, it is nice to remember when you receive a valentine, all the time and thought and energy it took to prepare this gift of love.



God wants us to love one another by giving others His love that He gives to us each day. What can we do to share God's love with others? We can show God's love by listening, by being generous, by encouraging, by acts of kindness, and by praying. This month at preschool the children will find ways to love one another just as God has asked us to do.

The preschool is already planning for next school year! St. Paul Lutheran Preschool Registration for the 2023-2024 school year begins this month. In February current preschool families and St. Paul preschool church families may register. In March registration will open to the community. On the back side of this page is the information about times and prices of classes. To officially register go online to www.saintpaulames.org/preschool and register.

After the online registration is received an email invoice for payment (Registration Fee and September Tuition) will be sent to you within 2 weeks. After payment is received you will get a confirmation email within 2 weeks that your child is in the class. If a parent withdraws their child the Registration Fee and the September Tuition are nonrefundable. Class options are subject to change based on enrollment. If there are not any openings in the class the parent will receive their Registration Fee and September Tuition back in full. You may apply for BooSt Area Tuition Assistance. Eligibility requirements must be met to receive scholarships.

"So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness." Colossians 2:6-7

"[Jesus said,] 'Love each other as I have loved you.'" John 15:12

