

APRIL 2023

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

A Note from Your Pastor

Friends in the Lord,

Easter is so much more than lilies and new outfits. Easter is so much more than artificially-colored grass-filled baskets. Easter's meaning is far greater than colored eggs and jelly beans. Easter is the good news that Jesus Christ wins the victory over death, and Satan, and sin! Easter means the victory is won by God's own and only-begotten Son! Easter is the celebration that Christ has risen! Easter brings us the certainty that we too shall rise, after we die, and shall live in eternal life with Jesus – because Jesus suffered and died to pay our sin's price, and rose victorious over death for each of us!

This Easter we will follow our traditional schedule, beginning with the Easter Sunrise Service at 7:30 a.m. This early morning service includes our amazing Easter processional, when all of the components that were removed on Good Friday are carried back into the sanctuary, together with many magnificent Easter lilies to adorn the Lord's house and to fill the air with their fabulous fragrance. Easter breakfast will follow the Sunrise Service in the fellowship hall, so you can gather with your friends in Christ for a very special

Easter morning meal. At 10:00 a.m. we will hold our Easter Festival Worship.

Death will be defeated by God's Almighty Son! We will celebrate Jesus' triumphant emergence from the tomb! Through Christ, we shall, in His perfect time, emerge from the darkness of the tomb one day ourselves. Through Jesus Christ each of us, in God's perfect time, will emerge from the darkness of this life of sin, sorrow, suffering and death to be in perfect peace in eternal life with Christ.

Prepare to join us as we worship to celebrate the victory of Easter!

Your proclaimer of our Lord and Savior,
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, April 5

Palm Sunday

9:00 a.m. Education Hour

10:00 a.m. Worship with Holy Communion

Thursday, April 6

Maundy Thursday

7:00 p.m. Worship Service

Friday, April 7

Good Friday

7:00 p.m. Worship Service

Sunday, April 9

Easter Sunday

7:30 a.m. Worship Service

8:30 a.m. Easter Breakfast

10:00 a.m. Worship Service



Sunday, April 16

8:00 a.m. Worship with Holy Communion

9:15 a.m. Education Hour

10:30 a.m. Worship with Holy Communion

Sunday, April 23

8:00 a.m. Worship Service

9:15 a.m. Education Hour

10:30 a.m. Worship Service

Sunday, April 30

8:00 a.m. Worship with Holy Communion

9:15 a.m. Education Hour

10:30 a.m. Worship with Holy Communion

NEW SERVICE TIMES

Service times— Starting on Easter (April 9) through May 21 we will have 2 services. Beginning on May 28 (Memorial Day weekend) we will go back to one service for the summer.

An Update from the Building Committee

Sowing Seeds of Faith Ministry Expansion Campaign

Important Dates – Mark Your Calendar!

- ♦ **April 16** – beginning of 5-week INSPIRE phase
Targeted Sermons, Bible classes, Devotions, Prayer
- ♦ **May 21** – COMMITMENT Sunday – opportunity to make 3-year financial pledges
- ♦ **June 4** – FIRST FRUITS Sunday – start of 3-year giving period



**SOWING SEEDS
of FAITH**

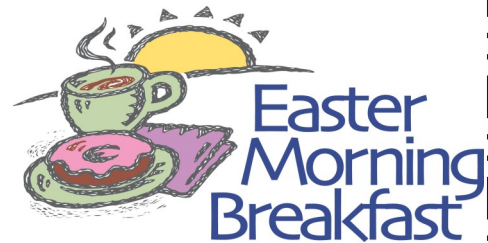
EASTER PROCESSIONAL

There will be a sign-up sheet for the Easter Processional on the bulletin board. Please sign up by Palm Sunday, April 2nd. Many men, women and children are needed. More information for those volunteering will be forwarded to you.

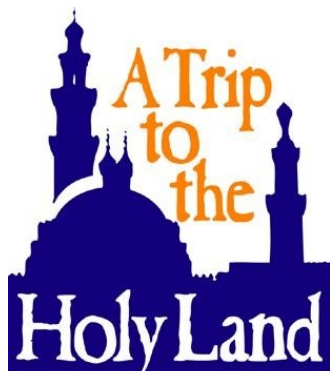


YOU'RE INVITED!!! To Easter Breakfast at St. Paul immediately following our Sunrise Service. The Ladies of St. Paul and the St. Paul Youth are once again planning and serving this very special fellowship opportunity for our St. Paul family and friends. The menu is a piece of egg casserole, sausage, fruit cup, and sweet treats. As always, there are many ways that you can help make this event a success. A sign-up sheet is located at a table in the Narthex, all ages are welcome, as "the more hands, the faster the work goes". We have jobs for casserole makers & bakers, fruit cutters and table decorators. Come and be part of the "Breakfast Team".

If you have any questions please contact Angie Fritz or Ellen Sander. A free-will offering will be taken, the proceeds used by sponsoring groups to attend conferences later this year.



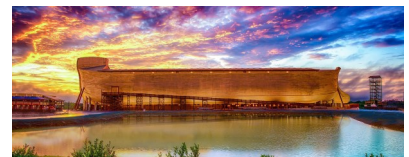
Members of St. Paul are invited to join Rev. Dr. James Lamb and Rev. Michael Wolfram on a ten day tour of Israel, with an optional trip to Egypt. Travelers will depart from Des Moines January 15, 2024. For



more details, please take an informational brochure from the credenza near the restroom entrance.

OR... How about a trip to the Ark Encounter and Creation Museum?

A couple from Waverly, IA have organized several bus trips and have plans to take 2 more groups this year, June 5-9 or Dec. 4-8. The cost is \$925 per person (double occupancy). If you are interested, stop in the office and we will give you more information.





“Get started on the right foot....”

By Connie Buss

Unless you have problems, likely the most ignored places in your body are your feet! Yet they support you all day long and need your attention. The American Podiatric Medical Association has chosen April to be National Foot Health Awareness Month, which is appropriate as we go for more walks as the weather improves. More than 20% of Americans have problems with at least one foot every year. Their goal is to decrease that number with awareness of foot care and appropriate shoes.

Shoes! How many pairs do you have? Do they really fit your feet? Stand on two pieces of white paper barefoot and have a friend draw around your feet. Then, cut those feet out and put them into or on the bottom of your shoes. Do they really fit? Some snug is okay, but pushing hard against areas can increase your risk of ingrown toe nails, callouses, sores and, possibly, infections. Wear comfortable shoes that support the natural arch of your feet. Do you wear those high heels? A maximum of 4 hours at a time are recommended, as they put a lot of strain on your feet. Wearing socks protects the feet, too.

How often do you really look at your feet? If you have diabetes, you should do a daily foot check, using a mirror, if needed, to see all sides, looking for sores, callouses, ingrown toenails, hot red spots, etc. Many people have neuropathy in their feet, either from diabetes or back issues, where they may not have much feeling in their feet. Daily foot exams are then extremely important. If you have healthy feet and don't have diabetes, it might be good to do a foot exam once a week or so.

What does good foot care look like? Wash your feet daily, pat dry and use fast absorbing moisturizers on the top and bottom of your feet before you climb into bed. Avoid moisturizing between the toes, as it may encourage bacteria growth. Nail trimming is important, generally not rounding the nail, as it increases risk of ingrown toenails. Some people can't reach or can't see their feet easily to do foot care, so seeing a podiatrist might be an option. (Did you know that Medicare generally pays for nail and foot care?)

Exercise is important for your feet, too!!! Walking pushes blood to the toes, helping them stay healthy. I heard a podiatrist once say that if you can't walk, stand at the kitchen counter and move your feet up and down, stepping in place, to move the healthy blood to your feet.

When issues with the feet occur, see your primary care physician or podiatrist. Like most things, any issue caught early, can increase healing and decrease long term complications.

Don't shoot yourself in the foot by ignoring them!

Celebration of Life



There will be a Celebration of Life Memorial Service for Leo Runge on April 15 at 10:30 am at Memorial Lutheran Church in Nevada. Visitation will be 1 hour before the service. Leo and Betty were members here at St. Paul for many years and many of you were familiar with them.

Evangelism

Orphan Grain Train at Clemons is putting together a semi-load to go to Kentucky to the area that had the horrible floods. The goal is to help them overcome all of this mess with new equipment and supplies. They need tools and seeds. Donations may be brought to church. OGT will be speaking here at the LWML Spring Rally on April 1 if you would like more information. We also need our usual donations of clothing and home items.



Two full trunk loads of food items have been delivered from the recent food collection and we want to continue these collections. The first load went to Bethsaida Food Bank. They were so excited to receive it as the shelves were nearly empty. The next load went to Salvation Army Food Bank on Lincoln Way in Ames. There were people signing up to come the next day. The director said all of what we brought would be gone the next day. It was a wonderful assortment and it's easy to add a couple of items to your shopping cart and drop them off in the Food Bank container. The need for food is great all over Ames and Story County.

EASTER EGG HUNT

The Board of Evangelism will hold an Easter Egg Hunt for children ages 2 to 10 at 9:30 on Easter Sunday, on the lawn, if weather permits. In the event of bad weather, we will have a plan B. Children are to bring their own containers.



A new NAMI Connection mental health support group starts March 21st. It will be held every other week on Tuesday at 2 pm in the Fellowship Hall. NAMI Connection is a free and confidential recovery support group for people at least 18 years old that have any mental health condition (even if it isn't diagnosed) that offers respect, understanding, encouragement and hope. Erik Gustafson Senior Program Director NAMI Central Iowa (515) 292-9400. <http://www.namicalentraliowa.org>



Over 20 people at St Paul's will be more prepared to handle a cardiac emergency with the hands-on workshop given on March 5 by Chris Perrin, Emergency Management Coordinator at Mary Greeley Medical Center! We learned Hands Only CPR and how to use the AED that is near the office door. From 6th grade up, you can learn to do this, too! If interested, contact Connie Buss.



Stewardship

Sometimes There is No Greater Joy

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? 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.
- 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 skills, talents, and abilities. A lot of their day jobs 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.**"

Camp Okoboji

It's not too late to Register for Summer Camp at Camp Okoboji. We have several kids already registered but would love to have more! The Camp Auxiliary offers 6 full scholarships each year. The forms are on the table in the narthex. The Board of Youth and the District also offer financial help, but forms need to be in SOON!

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!



Education and Youth

March LYF – Super Silly Spring Smorgasbord

In March we had a combined LYF event for our 3rd – 12th grades. We hosted a mystery meal called the Super Silly Spring Smorgasbord. The kids ordered spring themed items from the menu and enjoyed the surprised of what they turned out to be. The kids had a great time and played games before and after the meal. We are all looking forward to doing this again!



**Thank you
for a fun
event!**



Women's Ministry

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

The date is April 1 at 9:00 am. Our Speaker will be Orphan Grain Train, where we send so many donations of quilts and clothing. We will be collecting Hygiene Kits as our ingathering. **Will you help us collect items for the kits?** You may bring all the items already assembled, or just bring items for the kits. We appreciate all donations. Look for a collection tub in the narthex.



HYGIENE KITS

CONTENTS

- | | |
|--|---|
| <input type="checkbox"/> 1 bath towel | <input type="checkbox"/> 1 sturdy comb |
| <input type="checkbox"/> 1 wash cloth | <input type="checkbox"/> 6 band-aids
(1/2" or 3/4") |
| <input type="checkbox"/> 1 bath-size bar of soap | <input type="checkbox"/> 1 small package facial tissues |
| <input type="checkbox"/> 1 plastic soap box holder | <input type="checkbox"/> 1 nail clipper |
| <input type="checkbox"/> 1 toothbrush | <input type="checkbox"/> 1 piece of strong ribbon or cord |

ASSEMBLY

1. Lay out the towel on a flat surface.
2. Fold over about 5" on each long side.
3. Place the rest of the items in the center under the folds.
4. Roll up the towel.
5. Use ribbon or cord to tie the towel together in the middle.

PLEASE NOTE

- Dark colored linens are recommended.
- We recommend leaving contents in the original packaging, but it is not required.
- No additions, deletions, or substitutions.
- Do not add money, photos, or personal notes.
- Do not include items with religious, camouflage, patriotic or military symbols.
- Pack only new or gently used items.
- Do not include plastic bags.
- It costs an average of \$11 to ship each box of kits. Please consider a donation to your local OGT branch to help with shipping.

Although well-meaning variations are tempting, please do not do this. It may result in heavy fines and/or the entire shipment being confiscated by customs officials.

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 role, but she will gladly share everything she knows and help if someone will step into this position. If you can help Ellen, please call her at 515-520-9638. Thank you!

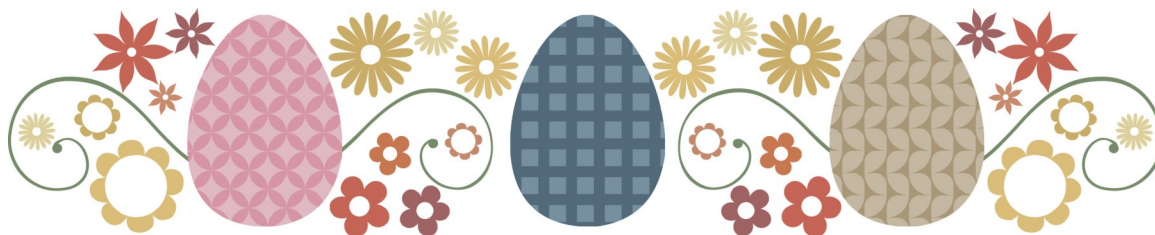
Women's Ministry

LWML Mission Grants— Strengthening the Lutheran Mission to Kuna, Idaho-2021–2023 Mission Grant 26 — \$100,000

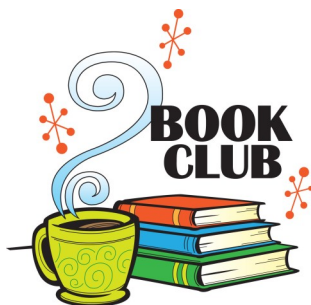
Kuna, Idaho, is listed as the seventh most rapidly growing urban/suburban area in the United States and is located near Boise and Meridian, Idaho. A new church has been planted in Kuna and Friendship Celebration Lutheran Church, Boise, is its mother congregation. Kuna Lutheran is currently meeting for worship in the local high school cafeteria with up to 60 people in attendance. The congregation wants to build their own sanctuary and other facilities from which to conduct growing congregational activities, but they are first in need of a parcel of land. The grant funds will assist in the purchase. The mission of Kuna Lutheran is to celebrate God the Father's love for us in creating us and giving His Son; connecting in faith with Jesus, our Savior; connecting with others in love and care; and communicating God's love in the power of the Holy Spirit.



Kuna Lutheran Mission in worship at Kuna High School Library.



“Book to Know to Help You Grow”



Our next meeting will be May 11 at 7:00 pm at StoneBrooke Club House to discuss “The Lion, the Witch and the Wardrobe” by C. S. Lewis. We will also choose books for the next year, so if you have suggestions, please send them to Connie Lastine.

“Four adventurous siblings—Peter, Susan, Edmund, and Lucy Pevensie—step through a wardrobe door and into the land of Narnia, a land frozen in eternal winter and enslaved by the power of the White Witch. But when almost all hope is lost, the return of the Great Lion, Aslan, signals a great change . . . and a great sacrifice.

Date	Location	Book
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 2/28/22

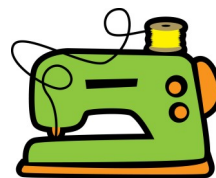
2021-2023 National Mission goal: \$2,150,000.00

Received: \$2,353,030.33

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



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.



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.