

MAY 2023

ST. PAUL LUTHERAN CHURCH
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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

Confirmation Sunday on May 7 – May Day!

May 7 will be Confirmation Sunday here at St. Paul. The Rite of Confirmation will be held during the 11:00 service. *“Whoever acknowledges me before men, I will also acknowledge him before my Father in heaven,”* said Jesus (in Matthew 10:32). Confirmation Sunday is a very special occasion when our confirmands publicly acknowledge their faith in Jesus. Through their personal faith statements, the youth being confirmed will explain the role of Jesus Christ in their lives.

This year we have seven youth being confirmed: Wilson Buckley, Estan Buttery, Cameron Donavon, Carson Howard, Cody Puck, Carly Saienga and Clay Taylor. Please pray for our seven special youth as they are confirmed and publicly acknowledge Jesus. I also encourage you to join us in the fellowship hall during our fellowship and refreshment time of 9:15-9:30 a.m. on Confirmation Sunday, so that you may share your personal words of encouragement with our confirmands.

In Jesus, who defeated sin & death for us and is always with us,

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, May 7

Confirmation Sunday

8:00 a.m. Worship with Holy Communion

9:15 a.m. Confirmand Reception / Education Hour

10:30 a.m. Worship with Holy Communion

Sunday, May 14

8:00 a.m. Worship Service

9:15 a.m. Education Hour

10:30 a.m. Worship Service



Sunday, May 21

8:00 a.m. Worship with Holy Communion

9:15 a.m. Graduate Reception / Education Hour

10:30 a.m. Worship with Holy Communion

Sunday, May 28

10:00 a.m. Worship Service

SERVICE TIMES

Service times– Continuing through May 21 we will have 2 services. Beginning on May 28 (Memorial Day weekend) we will go back to one service at 10:00 am for the summer.

An Update from the Building Committee

Sowing Seeds of Faith Ministry Expansion Campaign



**SOWING SEEDS
of FAITH**

Important Dates – Mark Your Calendar!

- ♦ **May 21** – COMMITMENT Sunday – opportunity to make 3-year financial pledges
- ♦ **June 4** – FIRST FRUITS Sunday – start of 3-year giving period

A new NAMI Connection mental health support group started March 21st. It is held the first and third Tuesdays 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.namicentraliowa.org>

One of the facilitators is Lindsay Roach from our congregation.

Did you notice the quilts hanging in the narthex?

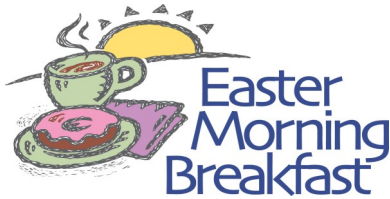
The quilts were anonymously donated to St. Paul by one of the Family Service members in thanksgiving for the anonymous donor who purchased a brand new sewing machine for the Quilters. These quilts are being auctioned off (silent auction) with the proceeds going to the "Sowing Seeds of Faith" Campaign. The last day for bidding will be May 21 at the beginning of the Bible study hour.



So come and check them out and place your bid! Check back often so you can raise your bid on the one(s) you like.

Remember– all proceeds go to the "Sowing Seeds of Faith" Campaign.

THANK YOU...to everyone who helped



make the St. Paul Easter Breakfast such a wonderful event for all who attended. With so

many willing hands, Saturday and Sunday's preparations were completed in record time. A special thank you to Phil and Alberta Voge for donating the ham and sausage, the Quilting Women of St. Paul for the flowers and Dustin Lucht and the downtown Fareway store for donating the eggs. Lastly, to each of you who attended the breakfast, THANK YOU for your generous donations supporting our LWML and Youth as they prepare to attend their upcoming conventions.

"He is Risen! He is Risen Indeed! Hallelujah!"



Happy Mother's Day



"Next year let's buy two carnations for the oldest mother."



God's Plan for our eating...

With spring, ads for the latest "diets" are rampant. How does your eating fit into what God says about what we should eat? What might you want to change?

"Then God said, 'Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. And I have given you every green herb as food...' Genesis 1:29-30

"Everything that lives and moves about will be food for you. Just as I gave you the green herbs, I now give you everything." Genesis 9:3

God gave us a plan on how to eat. He shares this in chapters 1 and 9 of Genesis and He provides us all what we need. There are lots of different options with so many colors, flavors, textures, and types of foods! Do the foods you eat fit into those categories? If we look to Him and make wise choices in the basic foods He supplies, we can live a healthier life. We all are important to Him, and He blesses us with tasty and healthy food. When we eat healthy, we will be stronger to do the work God has for us, our church and community.

Trust God and enjoy the food He gives us. By eliminating ultra-processed foods* and enjoying the simple foods He gives us, we can trust that we are eating what is the best for us. Savoring our food and eating slowly can help us eat the right amount for our bodies. When we turn to God's word, we can have a Biblical perspective of our food choices and go on to praise and glorify Him and do what He created us to do.

*PS: Some processed foods are quite healthy! A quick peek at the label will tell you a ton! If you can pronounce the ingredients or it's a very short ingredient list, it's a good start. My oatmeal is very healthy but it is not raw oats from the field; it must be processed. Frozen and canned vegetables and fruits may be healthy if no added sugar or salt. Fresh is always best, of course.

Always be thankful for all the blessings God has given us and in the ways He can help us.

By Linda Goldsberry



Evangelism

God's Blessings and congratulations to All of our May Confirmands and High School graduates.

We are proud of you and wish you the best in all you do. Remember all God has done for you and keep Him in your heart.!

The Board of Evangelism will give a donation to the **NYG account** in your honor.

We have all felt awkward at times when we encounter a friend who has suffered the loss of a loved one. We aren't comfortable and don't know if we will say the right thing. We want to comfort the bereaved and don't want to say something that could be unintentionally hurtful.



Here are some suggestions from the GriefShare ministry experts...people who have been through the "valley of the shadow of death."

Please talk about my deceased loved one.

Be a quiet listener, and let me talk about my loved one and share memories.

Ignoring my grief does not make it go away.

If I am sad, let me be sad. Do not try to cheer me up. It's important for me to feel the emotions I am feeling.

Sometimes it may appear that I am functioning fine and that I'm doing well. Understand that outward appearances can be deceiving.

Don't make comments about next year being better or time healing my wounds; my concerns are focused on the here and now.

Understand that I can't do everything I used to do in the past, but don't hesitate to invite me to do things anyway.

Let me cry if I need to. You don't have to say anything—just hand me tissues and be there for me.

Understand that grief can go on for a number of years. There is no established time limit.

Please don't make judgements about how long it's taking me to grieve.

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! Financial help is still available from the district.

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.



Board of Youth

Hello St. Paul High School Youth!!

We will have an event for the high school LYF group on Sunday, April 30th from 6-7:30pm in the small party room at Pizza Ranch.



Board of Education

Sunday, May 7th - Confirmation for 7 confirmands at 2nd service with the reception between services in the fellowship hall. The Confirmands are: **Wilson, Estan, Cameron, Carson, Cody, Clay and Carly.**

Sunday, May 21st - Senior Recognition and Quilt Presentation at both services with a reception between services in the fellowship hall. The High School Seniors from St. Paul Lutheran Church to be recognized are: Erin, Evan, Ty, Donavon, Dylan, Erik, Jackson and Mia.

Interested in volunteering to help with Vacation Bible School? Please let the office know or contact Katie Emery. VBS Dates coming soon!

Your talent to share the love and word of God with the children at St. Paul could be used in giving an hour of your time each week by teaching Sunday School or Mid-Week class. No teaching degree is required and curriculum is already available. Please contact the office or a member of the Board of Education.

Become a Kingdom Worker on The Board of Education! We are looking for more members to join us as we help nurture the Christian growth of the children and congregational members of St. Paul. This includes Sunday School, Mid-Week/Confirmation, Christmas Program, Senior Recognition, and Vacation Bible School.

THANK-YOU to the following ladies who used their time and talent to make beautiful quilts for the High School Seniors at St. Paul: Julie, Marlene, LaDonna, Marcy, Janelle and Breanna.

Women's Ministry

LWML Mission Grants— Expanding God's Love in Uganda-2021–2023 Mission Grant 27 — \$92,000

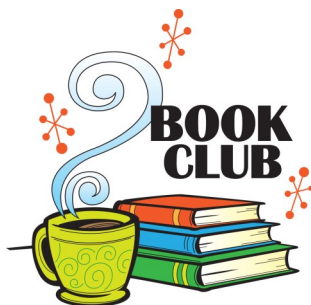
The Lutheran Church of Uganda (LCU) is a steadily growing church body in eastern Africa, which has requested LCMS assistance to locally train deaconesses so they may assist the small number of Lutheran pastors throughout Uganda to teach the faith, provide spiritual care, and show mercy to the communities. Being able to provide local training will be a huge benefit to qualified women who would not be able to travel to Kenya for a two-year program, and to the church. This grant would allow for a land purchase attached to the established Lutheran Theological College Uganda, fencing, and a small dormitory for the women.



Children in Uganda: All 150 of the LCU congregations have many children. In a country where half of the population is under eighteen, it is very common for at least half of the congregation to be children. There is a strong need for teaching the faith to families throughout Uganda. Ugandans value education and want their children to know Jesus, and the parents want to be confident in correctly teaching their children about Jesus. Having Deaconesses dedicated to teaching Christian education would greatly assist the pastors, as well as preparing the next generation for service in the church. Their presence also helps the LCU become more well known in their communities as the mercy work is always connected to Christ through the LCU.



“Book to Know to Help You Grow”



LOCATION CHANGE- 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.

“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, 2:15 pm	Fellowship Hall at St. Paul Church	“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

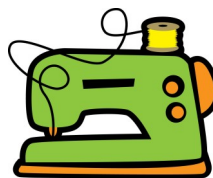
Received: \$2,353,030.33

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 May 11 from 10 to 2 pm for Quilting. Bring a sack lunch and join us for the fun!

May 25 will be our Spring Luncheon.



All women of the congregation are invited to join us for our Spring Family service potluck luncheon on May 25 at noon. Please RSVP to the office so we have a count of how many to expect.



Thank you to everyone who helped with the delayed Soup & Pie supper.

Thank you to the Women of St. Paul for all the help for our hosting of the Boone Zone Spring Event/rally. **A special thanks to Pastor** for his "Foolish" devotion. We are all stronger by being Fools for Christ .

And last, but certainly not least, **thank you to Ellen & Angie** for coordinating Easter Breakfast. And everyone who helped by mixing, baking, chopping, donating, frying, decorating, cleaning, & serving! Phew! It was nice to have a little more space to visit in. Alleluia! Indeed!

Respectfully, foolishly for Christ,

Vickie Roach

THANK YOU

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 (1/2 or 3/4 inch), 1 small package of facial tissues, 1 nail clipper, tied with 1 piece of strong cord or ribbon.

St. Paul Lutheran Preschool News

May 2023

May is a month of accomplishments at St. Paul Lutheran Preschool.

The teachers are excited that the children they have nourished for 9 months have grown in so many magnificent ways. The children are ready to leave their classrooms and go to the next level of learning.

The children have grown in their faith as they have attended weekly chapel services led by Pastor Jenks and participated in daily Jesus Time lessons led by their teachers. The preschoolers have grown in prayer as they prayed at snack time, at Jesus Time, at chapel and at the end of the morning.

The preschoolers have grown in their social skills. Students learned to share, to take turns, and to work with others. They have made friends who they love.

If you look at pictures of the preschoolers from September and now look at pictures of the children in May, you can't believe how much each child has grown physically.



Here is St. Paul's end of the school year chapel offering update. The preschoolers collected and gave over \$2,000 of chapel offerings to help people around the world!

September – Kate Mitchell Families in Need

October – Head Start in Carroll, IA

November — Bethesda Food Pantry

December — Orphan Grain Tarin

January – Christian Puppet Ministry

February/March — Taiwan Missionary Charles Ferry

April — Good Cheer Snack Baskets to Local Health Care Workers in the area.

May — TBA

God is so good to us that we can share our many blessings He has given to us in order to help others in need.



St. Paul Lutheran Preschool's registration continues for the 23-24 school year. The morning 4-year-old class is full and now St. Paul has opened an afternoon class. The class will be on Mondays, Tuesdays, Thursdays, and Fridays from 12:30 pm—3:15 pm.

Thank you God for today. Thank you for our work & play. Thank you for our friends so dear. Thank you for giving us Jesus here. Amen.

"But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen." 2 Peter 3:18