

**ST. PAUL LUTHERAN CHURCH**  
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VISIT OUR WEBSITE AT [WWW.SAINTPAULAMES.ORG](http://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,

Summertime is here! Celebrate and give thanks to God for the arrival of summer weather, summer travel and summertime activities. Summer is my favorite season of the year. Sunny days, watermelon, cookouts, ice cream and so many more special things make summer so delightful.

As summer comes, remember that your church will still be “open for business,” or more accurately, “open for worship.” Do you remember not that long ago when we could not be “open” for worship, during the initial fear & frenzy of the pandemic? Do you remember when you yearned to be in God’s house, because you were prohibited from being here in God’s house?

I hope that you will still have that yearning to come and worship this summer – whenever you are not gone traveling elsewhere. Remember what the psalmist reminds us? “I rejoiced with those who said to me, “Let us go to the house of the Lord” (Psalm 122:1).

Our summer worship schedule will be one service at 10 a.m. every Sunday throughout the summer. In June and August, worship will be preceded by a 45-minute Bible study at 9:00 a.m. In July, we will take a break from Bible study, as that is usually the month when we have the most people traveling.

If you’re like me, you’ve been waiting and anticipating the arrival of summer. This month, the calendar tells us, summer will officially be here at last! Enjoy the summer, as it will go by fast! Thank God that summertime comes each year, as God promised us in Genesis: “As long as the earth endures, seed-time and harvest, cold and heat, summer and winter, day and night will never cease!” (Genesis 8:22)

In Jesus, 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, June 4***

*9:00 a.m. Adult Bible Class*

*10:00 a.m. Worship with Holy Communion*

### ***Sunday, June 11***

*9:00 a.m. Adult Bible Class*

*10:00 a.m. Worship Service*



### ***Sunday, June 18***

*9:00 a.m. Adult Bible Class*

*10:00 a.m. Worship with Holy Communion*

### ***Sunday, June 25***

*9:00 a.m. Adult Bible Class*

*10:00 a.m. Worship Service*

## **SERVICE TIME**

**Service time— Summer Service time will be 10:00 am with Adult Bible class at 9:00 (June and August). No Sunday School for children during the summer.**

## **An Update from the Building Committee**

## **Sowing Seeds of Faith Ministry Expansion Campaign**



**SOWING SEEDS  
of FAITH**

### **Important Dates – Mark Your Calendar!**

- ♦ **June 4 – FIRST FRUITS Sunday – start of 3-year giving period**

**Thank you to all who bid on the beautiful quilts for the Quilt Auction.**

**THANK  
YOU**

**The Quilt Auction brought in \$2600 which will go to the “Sowing Seeds of Faith” Campaign. We hope you will enjoy your quilts for many years to come.**





## SOWING SEEDS of FAITH

### From Hebrews 13:8 we are reminded:

*“Jesus Christ is the same yesterday and today and forever.”*

This Bible passage quickly came to mind one recent evening, as did another old familiar adage, “History often repeats itself.” On this occasion, Tom Peter was offering his heartfelt thoughts on what expanding God’s mission field in Ames means to him through our Sowing Seeds of Faith campaign.

Tom was sharing the story of how back in about 1952, St. Paul Lutheran was an established and growing mission congregation in Ames in search of a new and permanent home. Tom went on to explain how his grandfather Fred Peter, and Reiny Friedrich’s father, Reinhard Friedrich, stood on farmland where St. Paul now sits—at that time an open field on the northern edge of Ames—visually surveying and envisioning the site as the church’s new home. Through faith in God’s promise to stand by and support the congregation, the church was built and ultimately paid for.

**Today, St. Paul is on the cusp of repeating this history.** Another open field, on new northern limits of Ames, is available to us for building a more accessible church. The land is waiting for “seeds of faith” to be planted and nurtured so that more people can know Christ as their Savior.

Yes, the task before us surely is large and requires an abundance of faith. But it is the same faith that early parishioners gleaned from God’s same Word 70 years ago...Scripture that has never failed, and will never fail, to guide believers in their journeys “yesterday, today and tomorrow.”

**The Commitment Phase continues!** We are about to enter the 3-year Fulfillment Phase for those who have already pledged a personal commitment to Sowing Seeds of Faith. We also understand that God answers prayers from our members uniquely and in His own time. If up until now you’ve felt unsure about making a commitment, your support is welcome at ANY time over the next 3 years. Simply ask a campaign leader for a commitment card to fill out, put it in a sealed envelope and place it in the offering plate.

Of course, even without making a commitment, you are welcome to make confidential donations to the campaign at any time. Special Sowing Seeds offering envelopes are available, or you can use unused church envelopes. Simply write “Sowing Seeds” on the outside of your envelope.

**Please Join Us!** “First Fruits” Sunday will be observed during our regular worship service on June 4, when members will have the opportunity to bring forth their initial financial gifts to Sowing Seeds of Faith. On June 11, a congregational Voters Meeting will be held after the church service. At this meeting, a vote will be taken for final approval to move forward with building a new church as has been presented.



By Connie Buss

## Summer is here!

Summer is here! As we “Join Jesus,” we are sharing food, having picnics and gatherings! As we do this, we are challenged to provide yummy foods that are safe. Foodborne illnesses are preventable, underreported and each year sicken over 48 million Americans. Most of those will be sick only a short time and recover, but children under the age of 4 and adults over 50 are a greatest risk for more severe issues, even death.

The Center for Disease Control and Prevention (CDC) lists 4 simple steps to follow at home that can help keep your food safe.

First, Clean. Washing your hands (yes, those 20 seconds) before during, and after preparing your food, use clean utensils and clean foods. Wash fresh fruits and vegetables with running water and rubbing with your hands or using a soft brush. That includes produce with hard rinds, like the melons. Keep the preparation of meat, poultry, seafood, and eggs separate from other foods. (Latest information tells us that we do not need to wash the poultry.) Thoroughly clean your sink if you may have contaminated it with meat, poultry, seafood or eggs.

Secondly, Separate. Store raw meat, poultry, seafood, and eggs separately in the refrigerator, preferably on the lower shelves. (That way if there is any dripping, it stays away from your other foods.) I have cutting boards that I only use for meat, poultry, seafood, eggs, and other boards that I use for fresh fruits, vegetables, breads, etc. You may want to label those to remind you to keep them separate. Cross contamination can be prevented!

Third, cook to the proper temperature to kill the germs and bacteria that may make you sick. A food thermometer is the best tool! There are many charts with this information and some thermometers even have information on them. Briefly, 145 degrees F for whole cuts of meat (with resting 3 minutes before carving), 160 degrees F for ground meats, and 165 degrees F for all poultry as well as leftovers and casseroles.



Lastly, chill. Your refrigerator should be below 40 degrees F. Perishable foods should be refrigerated within 2 hours, and, if above 90 degrees F, like at a picnic, refrigerate within an hour. Keep hot foods hot and cold foods cold. Bacteria loves to grow from 40 degrees F to 140 degrees F. When going to a picnic, prepare to handle your foods properly to keep everyone having a good time.

FoodSafety.gov is a good resource for more information.

Enjoy the summer, one of God’s gifts, with all the beautiful produce, time to grill and chill, go for walks in the cool of the day and give God thanks!







## NEWS FROM ST. PAUL'S GRIEFSHARE MINISTRY

Our second cycle of the grief support recovery group has come to a close. We met every week from February 29 through May 9<sup>th</sup>. Eight women faced their pain and fear in the midst of recovery by completing the course. A celebration brunch was held at Gretchen Zitterich's home on May 16. Carolyn McCall and Gretchen were leaders this session with substitute assistance from Beth Henriksen. Our next cycle will begin again on August 29 for 12 weeks. Watch for a 2-hour summer seminar for those who have lost a spouse. The date is TBD.

### Some written feedback from our group:

*"It has given me the hope that through God, one day, I will once again find purpose in my life---a new normal."*

*The various interviews, conversations, and the sharing of people's various experiences in the DVDs and how they navigated through it was very helpful to me."*

*GriefShare has had an impact on my life. Emphasis on knowing I am not alone and that there are options and different ways to handle and survive grief...and God is always with me."*

*"The leaders were very caring, empathetic, always wonderful."*

## Board of Education and Youth



During the church service on Sunday, June 4th the Board of Education would like to thank the Sunday School Teachers and Mid-Week Teachers for their dedication and volunteering this year to teach the children at St. Paul.



**Mark your calendars!** Vacation Bible School will be held Sunday, July 30-Wednesday, August 2 from 5:15-8:15 with a light supper. Those willing to volunteer their time to help, please contact Katie Emery or the office at St. Paul.



Please prayerfully consider sharing your love of God with the children at St. Paul by giving an hour of your time each week during the school year, starting in September. Maybe consider team teaching with a friend. A substitute could be found if you need to be gone on a particular Sunday or Wednesday.

We need: 7th/8th Grade Sunday School Teacher  
High School Sunday School Teacher  
5th/6th Grade Mid-Week Teacher

No teaching degree is required and curriculum is already available.



**Congratulations** to the High School Graduates at St. Paul Lutheran Church! Erin, Evan, Ty, Allyson, Dylan Erik, Jackson and Mia. They were honored during the church service on May 21st. Each graduate received a beautiful, handmade quilt made by members of our congregation. A reception was held in the Fellowship Hall between services to recognize them.



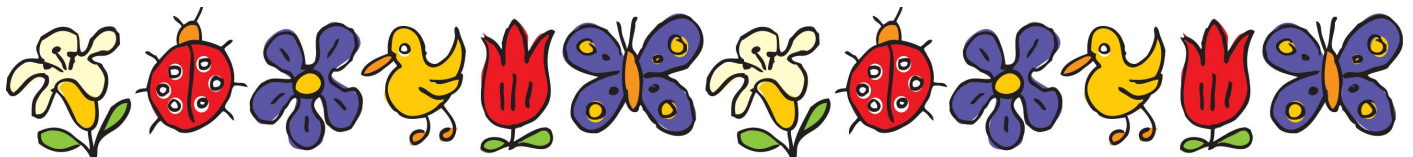
**THANK YOU** to the following ladies who used their time and talent to make beautiful quilts for the High School Seniors at St. Paul: Julie Coy, Marlene Johnson, LaDonna Osborn, Marcy Suntken, Janelle Swenson and Breanna Wetzler.

## Board of Youth

April we celebrated our last LYF events for the year. On April 26<sup>th</sup> we handed out ice cream treats to our 3<sup>rd</sup>-8<sup>th</sup> group – plus anyone else that wanted a treat. We will pray for a safe and relaxing summer for these youth and will prepare to see them again in the fall for our kickoff.

On Sunday, April 30<sup>th</sup>, we took our high school youth to Pizza Ranch for yummy food and games in the arcade. May can be a very hectic time and we wanted to give them a chance to relax, de-stress and have fun fellowship together.

Our board is very thankful for the youth that were able to participate in LYF events this year. We are already planning for the fun times we will have next year. Have a great summer!!



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.namicaliowa.org>

One of the facilitators is Lindsay Roach from our congregation.

## Women's Ministry

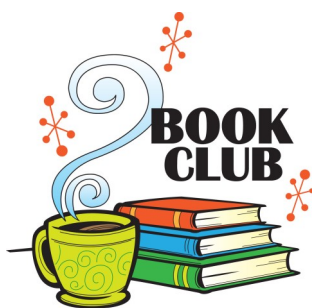
### LWML Mission Grants— Christ-Centered Materials for Hmong Language School and Outreach St. Paul Hmong Outreach Ministries — \$70,208.

St. Paul Hmong Outreach Ministries in Merced, California, has been actively involved in outreach to Hmong communities in their native tongue for 15 years. In 2015 and 2018, Hmong language schools were founded. They are connected with host churches, St. Paul Lutheran in Merced and Redeemer Lutheran in Fresno, California. Through the schools and outreach at New Year's festivals, the Gospel is being heard and families are being baptized and confirmed. Funds will be used to continue mission programs, develop new training modules, and support training implementation of Christ-centered educational materials in the Hmong language to be used in the schools, for festival outreach, and to share with other LCMS churches and districts.



*Fresno Hmong Language School Spring 2019 Group Picture*

### “Book to Know to Help You Grow”



**Our book list for the next year is below.** Our book club is open to all members of the congregation. Just read the book and show up for the discussion. Questions? Contact Connie Lastine at 515-292-4992.

Barnes and Noble says: “**From the *New York Times* bestselling author of *Redeeming Love* and *The Masterpiece* comes the powerful story of two women, centuries apart, who are joined through a tattered journal as they contend with God, husbands, and even themselves.**”

Sierra Madrid's life has just been turned upside down when she discovers the handcrafted quilt and journal of her ancestor Mary Kathryn McMurray, a young woman who was uprooted from her home only to endure harsh conditions on the Oregon Trail.

Though the women are separated by time and circumstance, Sierra discovers that many of the issues they face are remarkably similar . . . and uncovering Mary Kathryn's story may help her write the next chapter of hers.”

Date	Location	Book
July 13, 2023, 7 pm	Thelma Voetberg Village Coop	“The Scarlet Thread” by Francine Rivers
Sept 14, 2023, 7 pm	Northcrest Fireside Room	“The Only Free Road: An Underground Railroad Saga Unveiled” by Patricia Kimle and Kevin Kimle
Nov 9, 2020, 2:15 pm	St. Paul Fellowship	“Grace in Strange Disguise” by Christine Dillon
Jan 11, 2023, 2:15 pm	St. Paul Fellowship	“If I Were You” by Lynn Austin
March 12, 2020, 7 pm	St. Paul Fellowship Hall	“Ben-Hur: A Tale of the Christ” by Lew Wallace
May 14, 2020, 7 pm	Northcrest Fireside Room	“The Witness Wore Red: The 19th Wife Who Brought Polygamous Cult Leaders to Justice” by Rebecca Musser



# Women's Ministry

**LWML Mite Update:** as of 4/28/22

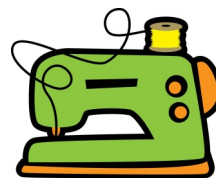
**2021-2023 National Mission goal: \$2,150,000.00**

**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](http://www.lwml.org).



**FAMILY SERVICE ~** Quilters will meet June 8 and 22 from 10 to 2 pm for Quilting. Bring a sack lunch and join us for the fun!



## Hospitality Update by Ellen Sander

I want to thank each of the St. Paul family for their concern and their prayers earlier this year. We have some awesome prayer warriors here at St Paul and I am so thankful to say that I can resume most of my activities.

And yet another prayer answered: Pam Mundt has answered our prayers and will be assisting me with the Hospitality duties. She is a most welcome partner and I am so looking forward to working with her.  
Thank you Pam!!!

**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.

Watch for collection boxes, or check with the office.





# June 2023 Sunday Service Roster

*Thank you for serving!*

	June 4 10:00 am	June 11 10:00 am	June 18 10:00 am	June 25 10:00 am
Organist	Ellen Sander	LaDonna Osborn	LaDonna Osborn	Praise Team
Elders	Matt Carver	Matt Carver	Keith Folkmann	Keith Folkmann
Lectors	Lynn Dreyer	Marilyn Hagemoser	Glenn Crosswait	Nancy Carper
Acolytes	Elias Buttery		Wilson Buckley	
Ushers	Lynn & Kim Dreyer, Vickie Roach	Wayne & Marilyn Hagemoser, Lynn & Kim Dreyer	Wayne & Marilyn Hagemoser, Ellen Sander, Vickie Roach	Wayne & Marilyn Hagemoser, Glenn & Nancy Carper
Greeters	Dick & Linda Peterson, Merle Suntken	→		
Offering Counters				
Altar Guild				
Power Point	Breanna Wetzler	Tom Baas	Katie Friedrich	Tate Esser
Sound Board	Tom Peter	Cindy Baas	Shaun Carver	Angie Esser
Camera	Harry Mundt	Eric Phipps	Matt Carver	John Murphy