

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 the Lord,

It has become a custom here at St. Paul that on the Sunday closest to Independence Day, we hold a special worship service to thank God for our nation and for the freedoms we have in our country. In July, as Americans, we remember the founders of our nation and the sacrifices they made for our freedom. We remember those who continue to live and die for freedom. As Christians, we also remember the One who lived, died and rose to win the ultimate freedom for us! Jesus Christ had to pay a price to set us free from Satan. The price was Christ's life, His blood, offered on the cross to pay the cost of our sins.

"You were bought at a price" (1 Corinthians 6:20). "But now you have had every stain washed off: now you have been set apart as holy: now you have been pronounced free from guilt; in the name of our Lord Jesus Christ and through the Spirit of our God" (1 Corinthians 6:11).

This month, we again set aside a special Sunday to thank God for the freedoms we have in this nation. Sunday, July 2, we will lift our prayers and praise to the Lord for His blessings in the United States of America. Join us as we thank God for the tremendous freedoms we are blessed with in our country, as we pray for God to guide and bless America, and as we praise the Lord for the eternal freedom we have because of Jesus.

In Jesus, who truly frees 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, July 2

10:00 a.m. Worship with Holy Communion

Sunday, July 9

10:00 a.m. Worship Service

Sunday, July 16

10:00 a.m. Worship with Holy Communion



Sunday, July 23

8:30 a.m. Outdoor Worship at Moore Memorial Park (Weather Permitting)

10:00 a.m. Worship Service at church

Sunday, July 30

10:00 a.m. Worship with Holy Communion

SERVICE TIME

Service time— Summer Service time is 10:00 am with Adult Bible class at 9:00 (NO Bible class in JULY). No Sunday School for children during the summer.

Bible Trivia Sunday Fun

On July 30 at 9:00 am the Evangelism Committee will host a Bible Trivia event. So sharpen your Bible knowledge for a little fun before church begins. Everyone from age 10 to 99 is invited to come. Coffee and juice will be available.



No Kingdom Workers or Board of Director meetings in July.

KW Boards— if you have business to attend to, feel free to meet at a time that works for your board.

Greetings from the Sowing Seeds Ministry Expansion Campaign Team!

Whew! Nothing makes time go by quicker than being part of an exciting mission such as our Ministry Expansion Campaign. Five months have already passed since the Campaign Team, with guidance from LCEF, first began making plans on how best to relocate St. Paul to new property that has been gifted to us in north Ames.



SOWING SEEDS of FAITH

For several months we have been led through three phases: **Inform...Inspire...Commit**. Each phase served a purpose: to accurately **INFORM** the congregation of the benefits of building a new facility and how relocation could happen; to spiritually **INSPIRE** our members to open hearts and minds to get behind the relocation effort through prayer and financial support; and to **COMMIT** to doing whatever each member can individually sacrifice to help make our Ministry Expansion a God-pleasing success by bringing more people to Jesus.

Perhaps now we should add a temporary fourth phase...**Patience**. As we heard in Pastor Jenks' children's lesson last Sunday, patience is not always easy to experience or understand. It's human nature to want things to happen now... immediately! But many prayers went up to God asking Him to show us the best way to make our church relocation happen, and our diligent leaders are now taking pause to determine the best options for building.



It's often said that "patience is a virtue". Waiting for good things to come does not need to be frustrating. Good often comes from waiting with **PATIENCE**. Be encouraged by the words from Galatians 6:9: ***"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."***



"The Fall class of Griefshare will meet on August 28th, Monday for 12 weeks, NOT on Tuesdays as previously stated. The exception will be on September 5th, Tuesday. Gretchen Zitterich and Pat Thiede. will lead the group."

**Church Service & Continental Breakfast
Sunday, July 23, 8:30 am– Weather permitting**
Moore Memorial Park,
Big Bluestem Shelter
3050 Northridge Parkway**



COME, ENJOY a continental breakfast following our annual outdoor church service to be held at 8:30. (Coffee will be available before the church service.)

The Board of Human Care will provide assorted donuts/pastries, fruit, orange juice, coffee and water. Members are asked to bring their own coffee mugs; other serviceware will be provided.

***Please remember to bring your lawn chairs for the church service.**

****In the event of bad weather, the treats will be provided before the 10:00 am service at church.**



JOINING JESUS OUTSIDE!

By Connie Buss

Are you joining Jesus outside in His beautiful creation?

July is the month for fireworks, picnics, camping, swimming, block parties, hiking and biking and so much more! How much time do you spend outside? Studies have shown being outside in green spaces leads to an active and healthy lifestyle. This may increase life expectancy, improve sleep quality, and reduce the risk of many cancers. Also, lower depression risk, faster stress recovery, increased mental focus may occur with being outdoors. Kids of all ages need “recess” outside to gain many benefits!



With being outdoors, there may be risks. Dehydration may occur easier in warmer weather. Drink! Drink! Drink! #1 choice, of course, is water. Current studies indicate coffee and tea, contrary to popular belief, may also be hydrating as much as water. Sports drinks may be essential for very active individuals and athletes, but they are not necessary for most people. Many sports drinks have significant sugar and calories, as well as sodium (which could increase blood pressure).



Use insect repellent to protect from mosquitoes & ticks. Wear long pants and shirts, hats and sunglasses.

July is UV Safety Awareness Month. We are reminded to use broad spectrum sunscreen with at least 30 SPF and reapply every 2 hours, more often if you are in/on the water. 1 in 5 Americans get skin cancer and skin cancer is the most common form of cancer in the US. Even 5 minutes of unprotected sun exposure can double the risk of melanoma. (What about that Vitamin D? Eat Vitamin D rich foods, drink Vitamin D fortified milk or take supplements, according to many authorities. Don't count on the sun.)

Protect your eyes with sunglasses that block UV rays. Chronic effects of UV exposure on the eyes may include early cataracts, pterygium (growth of fleshy tissue that could cover part of the cornea), cancer in and around the eye and may play a role in age-related macular degeneration (AMD). Wear those sunglasses with UV blockers. Broad brimmed hats can help protect the eyes, face, ears, and neck.



Enjoy God's beautiful creation, smell the flowers, have fun and be safe!

Education and Youth



WE  **NEED VOLUNTEERS**

**St. Paul's Board
Of Christian
Education needs
Your help!**

**WE ARE LOOKING FOR GOOD-HEARTED MEMBERS
WHO ARE WILLING TO HELP US LEAD SUNDAY
SCHOOL. MIDWEEK & VACATION BIBLE SCHOOL (VBS)**

INTERESTED IN JOINING US?

FIND OUT MORE INFORMATION

641 210-9298 ncarper56@gmail.com

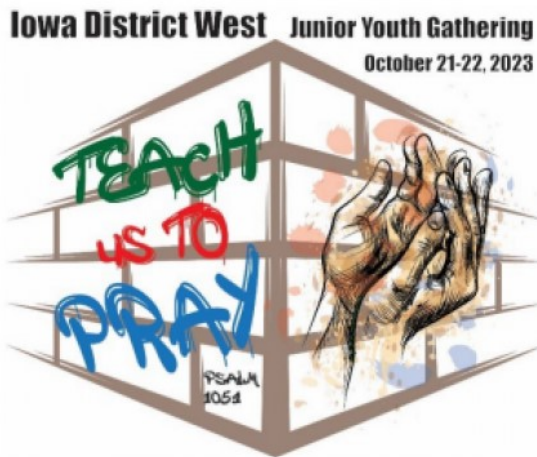
Help Wanted – The Board of Education is looking for Sunday School and Mid-week teachers for the 2023-24 school year. A big thank you to those that continue to serve in this capacity. For Sunday School, we need teachers for the 7-8th grade and High School classes. For mid-week we need teachers for K-2nd, as well as, 5-6th. We are also looking for additional board members. Being on the board does not mean you need to teach, or have teaching experience. The Board of Education is responsible for the nurture and Christian growth of members of the congregation.



VOLUNTEERS:
VERY VALUABLE!

Education and Youth

Save the Dates for the IDW Youth Gatherings in Des Moines this Fall!
More info will be available in July and registrations will be due in September.



Junior Youth Gathering
October 21-22, 2023
"Teach Us To Pray"
Bible Verse: Psalm 105:1



Senior Youth Gathering
Date: November 17-19, 2023
Topic: Ready, Set, Go
Theme Verse: Matt 28:19-20a
****Registration information will be sent in July****

Vacation Bible School - Vacation Bible School will be held July 30 – August 2, 2023. We will need many volunteers to make this a fun week, please contact Katie Emery by phone or text at 515-240-7124 or email emery.katiej@gmail.com for additional details. Also see the links below.

Volunteers: <https://forms.gle/N8YmPeCYw9RMAAWb6>

Children Registration: <https://forms.gle/4pZbWdsM8QsSu1FS6>



Please pray for our youth going to Camp Okoboji this summer!



Jr High Week (July 9-15): Aleaya Phipps, Sammy Fritz, Wilson Buckley, Sami Phillips.

Cub Week 2 (July 16-22): Emily Carver, Kaden Carver, Lily Fritz, Alice Buckley.

Youth Week (July 23-29): Daniel Murphy, Eayon Phipps, Tate Esser, Tessa Esser, Shaun Carver, Natalie Emery, Lydia Nelsen.

In addition, please pray for 4 youth who will be serving as camp counselors for either Jr Week or Cub Week: Tate Esser, Tessa Esser, Natalie Emery and Daniel Murphy.

Education and Youth



The high school graduates wish to thank the quilters and congregation for the wonderful presentation of quilts, reception, and for continued prayers as they all enter the next phase of their lives. God bless you all!

Women's Ministry

LWML Mission Grants— Reaching the Homebound with God's Word— \$100,000.

Lutheran Ministries Media reaches the homebound and aging with the life-saving message of the Gospel through the weekly broadcast ministry of Worship Anew. With an aging population, the need exists to have accessibility to faithful teaching and understanding of the Bible as taught in our creeds and Lutheran confessions. The broadcast currently reaches areas of New York, Georgia, Indiana, Michigan, Illinois, and Iowa. Lutheran Ministries Media wants to expand their broadcast area by securing on-the air broadcast time on a new nationwide station and also enhance their online presence. The grant funds will be used to pay the broadcast fees and the internet expansion.



Worship Anew has six regular pastors who appear on Worship Anew plus guest appearances from church leaders and the speaker of The Lutheran Hour. These homilies are about 10 minutes and bringing a message of comfort to those who hear. We find ourselves in extremely tumultuous times. It seems so easy to be filled with anxiousness and uncertainty. For those unable to attend church, this ministry is a source of great comfort. And even for many who still attend church, it is another great opportunity to be built up in the faith. This is why, even with the significant growth and success of Worship Anew, there is still an incredible challenge to reach people in many other areas around the United States, where the program does not currently go. Support from the LWML will be vital in ensuring thousands more each week will hear God's Word proclaimed on Worship Anew.

Women's Ministry

LWML Mite Update: as of 4/28/23

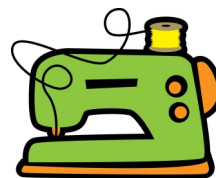
2021-2023 National Mission goal: \$2,150,000.00

Received: \$2,436,121.35

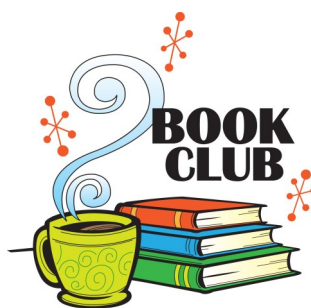
We normally collect mites for missions on the 1st Sunday of each month. For more information about LWML go to www.lwml.org.



FAMILY SERVICE ~ Quilters will meet July 13 and 27 from 10 to 2 pm for Quilting. Bring a sack lunch and join us for the fun!



“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.

Our next book is “The Scarlet Thread” by Francine Rivers. Thelma Voetberg will host the group at the Village Coop Fireside Room.

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, 2023, 2:15 pm	St. Paul Fellowship Hall	“Grace in Strange Disguise” by Christine Dillon
Jan 11, 2024, 2:15 pm	St. Paul Fellowship Hall	“If I Were You” by Lynn Austin
March 14, 2024, 2:15 pm	St. Paul Fellowship Hall	“Ben-Hur: A Tale of the Christ” by Lew Wallace
May 14, 2024, 7 pm	Northcrest Fireside Room	“The Witness Wore Red: The 19th Wife Who Brought Polygamous Cult Leaders to Justice” by Rebecca Musser

July 2023 Sunday Service Roster

Thank you for serving!

	July 2 10:00 am	July 9 10:00 am	July 16 10:00 am	July 23 8:30 am at Moore Memorial Park	July 23 10:00 am at church	July 30 10:00 am
Organist						
Elders	Wayne Hagemoser	Wayne Hagemoser	Greg Gebhart	Wayne Hagemoser	Greg Gebhart	Greg Gebhart
Lectors	Jim George	Gretchen Zitterich	Linda Peterson	Keith Folkmann	Larry Wiebel	Matt Weiss
Acolytes	Max Vogel		Cameron Donavon			Carson Howard
Ushers	Tom Henriksen, Jerry Schradle, Jim & Sandy George	Tom Henriksen, Jerry Schradle, Jim & Sandy George	Tom Henriksen, Jerry Schradle, Jim & Sandy George	Mark & Janelle Swenson	Tom Henriksen, Jerry Schradle, Jim & Sandy George	Tom Henriksen, Jerry Schradle, Jim & Sandy George
Greeters	Gretchen Zitterich, Larry & Nancey Wiebel	Gretchen Zitterich, Larry & Nancey Wiebel	Gretchen Zitterich, Larry & Nancey Wiebel	Wayne & Marilyn Hagemoser	Gretchen Zitterich, Larry & Nancey Wiebel	Gretchen Zitterich, Larry & Nancey Wiebel
Valet Parker	Tom Peter	Cindy Baas	Brent Peterson		Paul Knop	Cindy Baas
Offering Coun- ters						
Altar Guild						
Power Point	Cindy Baas	Tate Esser	Judy Peter		Doug Litwiller	Breanna Wetzler
Sound Board		Angi Esser	Tom Peter		Ryan Latuska	Shaun Carver
Camera	Tom Baas	Harry Mundt	John Murphy		Eric Phipps	Matt Carver

