

AUGUST 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,

In July we were able to visit my sister and her husband in Florida. Prior to leaving for our trip, I spent extensive time planning an 8-week sermon series, which would begin on the Sunday we returned (July 16). On Saturday morning, July 15, we went to the airport in Orlando to fly to Charlotte, where we would catch our connecting flight back to Des Moines. Long story short, our first flight from Orlando was delayed so much that we missed our connection and were stuck in Charlotte overnight! The plans I had made to launch my special summer sermon series on July 16 were suddenly and dramatically changed by God.

Are you ready for God to alter your plans? Are we as a church ready for God to alter our church's plans? Time and again, we have our thoughts about how our lives should go, and time and again, Almighty God reminds us that our thoughts are not always His thoughts. "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts" (Isaiah 55:8-9). Our plans need to be ready to be changed and rearranged when God has plans that differ from ours, as God proclaims: "Many are the plans in a person's heart, but it is the Lord's purpose that prevails" (Proverbs 19:21).

One of the most pertinent passages about plans is provided for us by James, who scholars believe was the James who was the brother of Jesus. Through James, God tells us: "Now listen, you who say, 'Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.' Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, 'If it is the Lord's will, we will live and do this or that.'" As it is, you boast in your arrogant schemes" (James 4:13-16a).

Be ready for God to alter your plans! And when God does that, do not fret; instead, never forget that when God alters our plans it is for our good, for God loves us and promises us: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11). As a wise member of our church has often said, "God has a plan, and it's all good!"

Your partner in seeking and implementing God's plans and purposes,
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, August 6

10:00 a.m. Worship with Holy Communion

Sunday, August 13

10:00 a.m. Worship Service



Sunday, August 20

10:00 a.m. Worship with Holy Communion

Sunday, August 27

10:00 a.m. Worship Service at church

Elder Board News

The Elder Board welcomed four members for the St. Paul's new church year: Steve Johnson, David Schulz, Jake Vogel and Bob Walker. Steve, David and Bob have previously served on elder boards. An elder position is a three year commitment that provides assistance to the pastor in ministering to the spiritual needs of the members of the congregation. We are always in need of men that will serve.

Retiring elders from last year's board include Matt Carver, Tom Peter, Chair Phil Voge and Mike West. Thank you for your service.

An Update from the Building Committee

Greetings to all my brothers and sisters in Christ! I want to provide an update on the Building Committee's progress since the commitment Sunday of the Sowing Seeds of Faith campaign. While the campaign collected a significant amount, pledging around \$1.8 million, that was well short of the Phase 1 construction goal. With that information, the Building Committee has gone back to work to find a solution that meets the congregation's needs and fits within our expected budget.

Members of the Building Committee have moved forward by meeting with Story Construction and Morton Buildings to gauge other construction options. Currently, we are exploring three options, engineered concrete panels, engineered wood/steel, or complete steel construction. Since Story Construction would be able to construct any of the options, we have asked them to proceed with designing options for all three types of construction. We await more information from Morton Buildings on general options with an engineered wood/steel building. Once we have these designs, we will update the congregation with more detailed information.

Please continue to pray for God's guidance, as He will place our church and congregation where we need to be. The members of the Building Committee would like to thank you all for your patience as we continue to try and find the best path forward.

Thank you,

Matt Carver



**SOWING SEEDS
of FAITH**

Sowing Seeds of Faith Message...from Communications Manager, Larry Wiebel

"Careful, Heinrich, don't trip over that old tree root in your good Sunday clothes!" called out his wife, Elisabeth.

I wasn't on hand to hear that exchange between my great-great-grandparents back in the mid-1800s, of course, but such a conversation likely could have occurred. You see, these ancestors and several families of fellow Lutherans moved from central Illinois into eastern Iowa in 1865 to establish new farms and homes. With no buildings yet built to meet in, church services during those first few months were held in a grove of trees near the new settlement.

Before long, a new Lutheran congregation was established in 1871, and a modest church with a single tall steeple was built. Lutheran school education was provided in the newly built farm house of my great-great-grandparents just north of town...on nice days outside on the large wraparound porch....until the congregation could afford to build a two-story brick school building in town. In 1959, the old church with its iconic steeple was razed to allow for a more modern and spacious church to be built, a church that still serves my childhood congregation today.

From groves of trees...to farm houses with a large front porch...to affordable old churches with a coal chute to the basement...facilities of all shapes and sizes have accommodated people of faith to gather so that in fellowship they might give glory to God. ***"For where two or three gather in my name, there am I among them."....Matthew 18:20***

People of faith always find a way...as will the congregation of St. Paul as it studies the best way in 2023 to expand our ministry through a new facility. Through prayer, patience and cooperation, St. Paul's new seeds of faith will ultimately be sown. Continue to pray that God will show us the way!



SOWING SEEDS
of FAITH



PIZZA PARTY

Pizza Party!

The Board of Evangelism would like to invite everyone (not just kids) to the "Back to School" Pizza party after church on Sunday, August 27. This will also be a "Nametag" Sunday so we can all get to know our fellow members better.

GriefShare Group Begins August 28



When a loved one dies, it can feel like you're alone. Few people understand how painful and isolating your grief can be. But that does not mean you have to suffer by yourself. At our GriefShare group you'll find a safe comforting and confidential group where you can talk with others about your grief. You'll find support, direction, and guidance on how to make it through. If you could use help with any of the topics below, GriefShare is for you.

1. Is This Normal?
2. Your Grief Journey
3. Loneliness & Sadness
4. Self-Care
5. Fearful & Overwhelmed
6. Anger
7. Regrets
8. Grief & Your Household
9. Grief & Your Friendships
10. Questions for God
11. Stuck in Grief
12. Hope & Resilience
13. What Do I Live For Now?

Each week you can expect to view a 30-minute video filled with helpful guidance, discuss grief related issues, and gain personal recovery tips through your workbook. We will begin meeting on MONDAY August 28 from 1 pm-3 pm in the basement conference room under the pastor's office.

Our leaders are Pat Thiede and Gretchen Zitterich, Carolyn McCall will be our substitute. Please go to Griefshare.org to sign up, or call Gretchen at 515-201-7570. We welcome you to St. Paul's GriefShare group!





A BREATH OF FRESH AIR....we take so for granted.

By Connie Buss

"Let everything that has breath praise the LORD. Praise the LORD." Psalm 150:6

Two women close to my heart, Betty in her mid-80's and Lany in her mid-50's, have been diagnosed with lung cancer this year. Betty was diagnosed with typical symptoms of chronic cough with mucous production, shortness of breath, chest pain, anorexia, weight loss and fatigue. Her Stage 3 lung cancer treatment started this week with intense chemotherapy and radiation and lots of prayers. Lany was diagnosed after a screening test with no typical symptoms. She had unusual night sweats, unrelated to hormonal changes. Lany had a part of a lobe of her lung removed to treat her slow growing Stage 1 lung cancer. Lots of praises! Her prognosis is much better than Betty's.

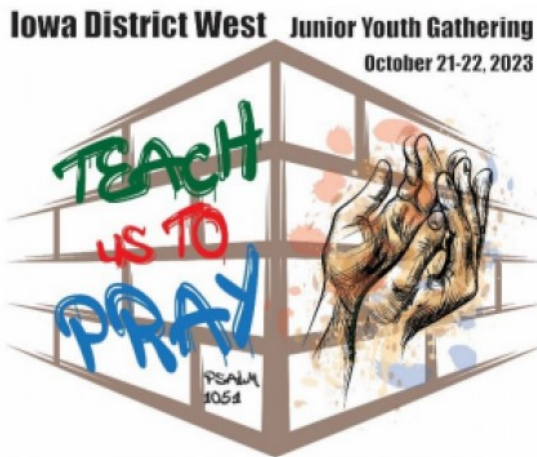
August 1st is World Lung Cancer Day with a goal to educate people on symptoms, importance of early detection and treatment. Low dose computerized tomography (LDCT) scan of the lungs is used to look for cancer in its earliest stage. By the time the signs and symptoms of lung cancer normally develop, the cancer is advanced too far for curative treatment. Lung cancer screening has typically been used for those people with the greatest risk of lung cancer such as older adults who are current or former smokers, usually 50 years old and older, heavy smokers including those who have quit smoking and people in generally good health. Those with family history of lung cancer, been exposed to asbestos at work or having chronic obstructive pulmonary disease are at higher risk of developing lung cancer. More people die of lung cancer every year than breast, colon and liver cancer combined. Globally, 1.8 million people die annually, and 2.21 million new cases are reported. Smoking, radon and asbestos are the three main contributors but there are many other factors. Good news is that the American Cancer Society reports that death rates have been declining over the years, due to better treatments and growing awareness. Insurance coverage for low dose computerized tomography scan of the lungs has improved, which has increased early detection, like Lany. She was proactive and requested this test!

If you have any concerns related to lung cancer, talk to your primary care provider about getting screened. Don't wait. Early detection and early treatment are crucial. Do what you can to help the God's green earth flourish and keep the air quality good for you and your family. The World Lung Cancer group suggests planting more trees, filling your home with air purifying house plants and helping others move towards smoking cessation.



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

Teachers needed: The Board of Education is in need of a teacher for 7th/8th grade Sunday School, and K-2nd & 5th-6th Midweek. You don't need to be a trained teacher. Loving God and teens is all the "talent/training" you need. This is a once-a-week for an hour opportunity. Please give prayerful consideration to this and contact SS superintendent Steve Wilcken or board of education chair Nancy Carper if you're willing to help.



Save the date: Wednesday, August 30th at 5:30pm! This will be our annual Midweek and LYF Kickoff. Reminder that Midweek begins Wednesday, September 6th and Rally Day (Beginning of Sunday School) is Sunday, September 10.



Education and Youth



Dear St. Paul Members,

I wish to say thank you for the quilt I received, all the cards and kind words as I celebrated graduating from high school. The quilt is very pretty and has many personal details like running shoes for cross country. This quilt and the time spent making it is much appreciated. I will be attending DMACC in the fall for the diesel technology program.



Women's Ministry

LWML Mission Grants– Missionaries to America Project-\$88,000

The United States is populated by people from all corners of the world. The purpose of Mission Nation's "Missionaries to America" project is to help the LCMS strengthen its capacity to share Jesus with people with whom we may be unable to relate because of cultural and language barriers. With this grant, Mission Nation Publishing will be able to provide opportunity and resources for each of us to be better witnesses for Jesus to ethnic groups other than our own, through the publication of the stories of missionaries, who now reside in the United States, and their respective journeys to faith.



Missionary to America Gagan Gurung spent 22 years in a refugee camp in Nepal. Because of ethnic prejudice his family was forced to leave Bhutan. While there a former Hindu priest turned Christian evangelist tried to bring Gagan to Christ, but he ran away, hiding in a Hindu temple in the mountains. He came to Christ after a miracle in his life. Today he is a missionary in St. Louis, where he has brought more than fifty Nepalese refugees to baptism at Timothy and Ascension Lutheran Churches.

Funds from the grant to the Missionaries to America Project will be used by Mission Nation Publishing to develop a process that will help churches reach ethnic groups within their communities. The project would equip women and men of diverse ethnic backgrounds to become new missionaries.

Women's Ministry

LWML Mite Update: NEW MISSION GOAL

2023-2025 National Mission goal: \$2,350,000.00

We normally collect mites for missions on the 1st Sunday of each month. Place your Mites in the large Mite Box in the narthex. For more information about LWML go to www.lwml.org.

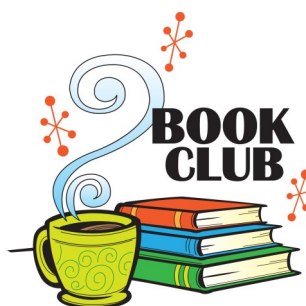


*If you were unable to attend the convention you may still watch livestream at the above website.

FAMILY SERVICE ~ Quilters will meet August 10 and 24 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 Only Free Road: An Underground Railroad Saga Unveiled” by Patricia Kimle and Kevin Kimle. Shirley Tice will host the group at the Northcrest Fireside Room. (Call Shirley or the office if you need directions.) (The Kimles are Ames residents and attend Memorial Lutheran Church.)

Barnes and Noble says: “February 1859. Two years and two months before the Battle of Fort Sumter that would mark the beginning of the Civil War, the first battles of this most perilous period in the country's history were already being fought along the middle American frontier. Eight months before abolitionist John Brown attempted to initiate an armed slave revolt in southern states by taking over a United States arsenal at Harpers Ferry in what has been called the dress rehearsal for the Civil War. On his last trip east, Brown escorted a group of liberated slaves from Missouri through Kansas Territory, Nebraska Territory, and Iowa. Decades before it became widely known as the Underground Railroad, a network of secret routes and safe houses was used by enslaved Americans to escape into free states and Canada. Abolitionists, fugitives, bounty hunters, border ruffians, federal marshals and others battled for their ideas of freedom and justice along its paths. This stunning novel brings to life the surprising violence of ideas and actions of the Underground Railroad and puts you alongside major figures of 1859 America such as John Brown, Abraham Lincoln, J.B. Grinnell, James Jordan, as well as everyday people who shaped American history. Travel with two young couples, one abolitionist and one fugitive, seeking freedom in a frantic story of slavery, heroism and the fight for freedom.

| Date | Location | Book |
|-------------------------|--------------------------|--------------------------------------------------------------------------------------------------------|
| 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 |