

SEPTEMBER 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

Pastor's note is inside! Turn the page.

Worship Services at St. Paul Lutheran Church

Sunday, September 3

10:00 a.m. Worship with Holy Communion

Sunday, September 10

Rally Sunday

10:00 a.m. Worship Service



Sunday, September 17

10:00 a.m. Worship with Holy Communion

Sunday, September 24

Preschool Sunday

8:00 a.m. Worship Service

10:00 a.m. Preschool Sunday

Worship Service

Elder Board News

The Elder Board set priorities for the 2023-24 church year:

- Provide support for Pastor and family as well as Church Staff and families.
- Provide support and communicate with Church Members and families.
- Continue to encourage in-person Sunday worship attendance.

Attendance for Sunday services has slowly increased since Covid but still has not recovered. Prior to the pandemic, 200+ attended two services whereas we have 150+ at a single service on most recent Sundays. The Elder Board has chosen to recommend one Sunday service at this time since we comfortably fill the Sanctuary with the current numbers. We look forward to returning to two services when attendance increases.

A reminder that on Sundays we will have a single 10:00 a.m. service with Bible study at 9:00 for the remainder of the calendar year. **However, there will be two services at 8:00 & 10:00 a.m. for Preschool Sunday on September 24th.**

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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.

A Note from Your Pastor

Dear friends in the Lord: When I celebrated my 15th anniversary at St. Paul, I shared with you 15 things that I have said through the years that are worth repeating. Now that I have had 5 more years here and we celebrated my 20th anniversary year here this summer, I have added 5 more items to the list. **Here are 20 things to keep in mind** (based on God's Word, not mine).

- 1.) God encourages us to be humble and to give all the glory to Him. If you succeed in your career, God has blessed you with your talents. If you succeed in school, who gave you the brain that you used? *"And remember the Lord your God, for it is He who gives you the ability"* (Deuteronomy 22:18).
- 2.) Be willing to take the initiative to seek reconciliation with others! God tells us, *"As far as it depends on you, live at peace with everyone"* (Romans 12:18). Be a peace-maker, not a peace breaker!
- 3.) Be quick to forgive others. Be slow to be offended. After all, think of all that Jesus has forgiven you! *"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you!"* (Ephesians 4:32).
- 4.) If the worship service in heaven is going to last forever, don't worry when we go over an hour in the service here on earth. We're just trying to get you ready for what's coming! *"And they fell on their faces before the throne and worshipped God"* (Revelation 7:11).
- 5.) Jesus wants your life to be meaningful, and for your ultimate meaning to come from Him. *"I have come that you may have life, and have it to the full!"* (John 10:10).
- 6.) Don't be overly concerned with how you, or others, look when you come to church. It's the inside that counts most. *"Man looks at the outward appearance, but the Lord looks at the heart"* (1 Samuel 16:7).
- 7.) Do come to church every week, except if you are ill. In worship God gives us His strength and forgiveness through Word and Sacrament. Stay connected to your power, the Lord. *"Remember the Sabbath day by keeping it holy"* (Exodus 20:8). *"Let us not give up going to worship, as some are in the habit of doing"* (Hebrews 10:25a).
- 8.) It's okay to laugh at church. It really is. Laughter reflects our joy for God's love and blessings. *"Our mouths were filled with laughter, our tongues with songs of joy.... The Lord has done great things for us, and we are filled with joy"* (Psalm 126:2a,3).
- 9.) Invite others to come to church with you. We invite friends to sporting events, movies, meals out, etc., so why not to the most important event of all—the Lamb's high feast. You may make an eternal difference in someone's life. *"I was glad when they said to me, 'Let us go to the house of the Lord'"* (Psalm 122:1).
- 10.) Share your faith with others. Tell what Jesus has done for you. Talk of God's role in your life. There is no greater subject to share with someone than the love of Jesus. *"For we cannot help but speak about what we have seen and heard [of Jesus]"* (Acts 4:20).
- 11.) As you go through life, picture Jesus right there beside you—because He is. Envision Him in your home, in your car, in your office, at the football game, at the store. He is with you always, in all places. *"I will never leave you nor forsake you.... for the Lord your God will be with you wherever you go"* (Judges 1:5b,9a).

- 12.) Always be ready for God to change your plans. Life will not always go your way, but it will always go His way! *"Many are the plans in a person's heart, but it is the Lord's purpose that prevails"* (Proverbs 19:21).
- 13.) God gave us one mouth (which is open far too often), and two ears (which are not open nearly often enough). Let us all be far more willing to listen! *"Take note of this: everyone should be quick to listen [and] slow to speak"* (James 1:19).
- 14.) We are all on the same team. The enemy is the devil—not your fellow member, pastor or church leader with whom you may disagree. *"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms"* (Ephesians 6:12).
- 15.) Remember that I thank God for each and every one of you. *"I thank my God for you every time I think of you"* (Philippians 1:3).
- 16.) Remember that I am always praying for you. *"In all my prayers for all of you, I always pray with joy, because of your partnership in the Gospel"* (Philippians 1:4-5a).
- 17.) Remember that I care about you and wish you God's peace and power in all you go through. *"It is right for me to feel this way about all of you, because I have you in my heart"* (Philippians 1:7a).
- 18.) I like to remind people who say, "God will not give you more than you can handle" that this world will ALWAYS give you more than you can handle, which is why Paul proclaimed, *"I can do all things through Christ who strengthens me"* (Philippians 4:13). On our own, we can handle NOTHING, but through Jesus, we can handle ALL things.
- 19.) What is the shortest verse in the New Testament? I mean in the original, the Greek New Testament. The winner is: *"Rejoice always!"* (1 Thessalonians 5:16) The long and the SHORT of it is, we ought to rejoice a whole lot more, as we think about how greatly we have been blessed by our Lord.
- 20.) These are my 20 points for my first 20 years here. What does the future hold? None of us knows, but we all know The One who holds our future, and each of us, in His hands, with love. *"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"*

In Jesus, Pastor Jenks



Time to fill the Basket

It's time to collect undies again. We need underwear for men, women, and children. Please purchase some new undies and let's fill the basket. We need all sizes, styles and colors. Have fun and help us fill this need again.

Many people in our area need help with everyday needs and this is one way to help! The food pantry can always use our help, too.

Thank you to all who donate their used clothing and bedding, etc. to Orphan Grain Train. They appreciate everything they receive and sort it and send it where needed.



Suicide Prevention Week. By Lindsay Roach

As a person who has come up with plans to commit suicide, imagine my surprise when I was asked to write an article for the church Epistle about National Suicide Prevention Week, September 10-16, 2023. Naturally though, I figuratively jumped at the chance to write an article for National Suicide Prevention Week. Did you know that NAMI (National Alliance on Mental Illness) actually promotes SPAM in September? No, not the “meat,” and not the junk email you hate to see, SPAM for us means: Suicide Prevention Awareness Month! We hold this special emphasis in September, as suicidal thoughts and actions are more common than many people realize.

So what are resources for someone who is going through a rough day? Whether you have a diagnosed mental health condition or not, anyone is welcome to call the WARM line: 844-775-WARM (9276). What is the WARM Line? Erik Gustafson, who is the NAMI Program Director, says it “is a telephone line staffed by individuals with lived experience who provide nonjudgmental, non-directive support to an individual [who is] experiencing [a] crisis.” I myself have used the WARM line, and it was very helpful, before things ended up getting to what felt like a full-blown crisis, but when I thought a crisis was looming.

There is also a local resource if one is feeling suicidal, which is to call 988. When you call this number, it is not police dispatch. It will be a social worker or therapist who answers and who offers help!

Erik (NAMI Program Director) also pointed me to nami.org, where I found a document pertaining to the warning signs of a suicide. This is very useful for everyone to look at, for anyone can be or become suicidal, so you want to know the warning signs. You can find the document at this website:

<https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide>

Be concerned when someone makes comments such as “I wish I wasn’t here” or “Nothing matters,” as these comments are clues being given about how a person is feeling. Other warning signs are increased alcohol and/or drug use, aggressive behavior, withdrawal/isolation, dramatic mood swings, and impulsive or reckless behavior.

We all go through hard times, so we do not want to be judgmental of a person who may feel suicidal. In the past, the church could be very judgmental of a person who committed, or attempted to commit, suicide, and also of their family. This is not what **our** church body teaches! (Want to know more? Ask Pastor.) Please pray for those who are considering taking their own life and also pray for their families. “God will never forget the needy; the hope of the afflicted will never perish” (Psalm 9:18).

Education and Youth

Camp Okoboji highlights from our youth.....

We had a record of 15 St. Paul youth attend Camp Okoboji this summer. For 3 of them, it was their first time in going! Here are some statements from several youth.

"I had so much fun! I liked all the girls in my cabin and I even got a letter from one of them already!! We're going to write each other! I loved being with other girls my age that loved God as much as I do!! I loved doing archery!! I loved it!! Thank you so much for the gift of money at the store! My favorite thing to get at the store was Alligator Ice! Thank you everybody!!! I had a great time! I did get a little homesick, but everyone there was so nice. I loved my counselors Allison & Becca!" -*Lily F. (Cub Week)*

"This year at camp I really loved playing 9 square. I also enjoyed Gaga ball. The food was great." -*Kaden C. (Cub Week)*



"Something I enjoyed about Okoboji this year was making new friends. I had so much fun with the girls in my cabin, but not the lack of sleep. I also enjoyed the music. My favorite song was probably Lighthouse or Big House. I also enjoyed the sports and activities that we did, especially tug-o-war during Cub Olympics, and swimming is always fun. And there are so many more things I loved as well because camp is always fun!" -*Emily C. (Cub Week)*

"I LOVED camp! My favorite part was definitely the food! I liked the campfire devotions at the point and being there with other kids my age who believes in God like me. I liked my counselor, Sam and I got to play soccer with another counselor who was from Johnston High School. I had so much fun! Thank you for giving me a certificate to spend at the store. I really liked that. Thank you!" - *Sam F. (Jr. High Week)*

"Jr High Week at Camp Okoboji was really fun. We learned a lot about Jesus. The songs were very memorable. Thank you St. Paul for helping with the cost. I plan to go next year too." -*Sami P. (Jr High Week)*

"This is my second year going to camp. It was a lot of fun making new friends. My favorite part was going down to the point and learning about Jesus and singing lots of songs." -*Aleaya P. (Jr High Week)*

"Camp was an absolute blast, as usual! I saw old friends and reconnected once again. We ate, cried, and played together as if we were back at Cub Week. I feel that every year that I attend, I get closer to our Lord and Savior Jesus Christ. I love attending every year and can't wait till next year." -*Eayon P. (Youth week)*



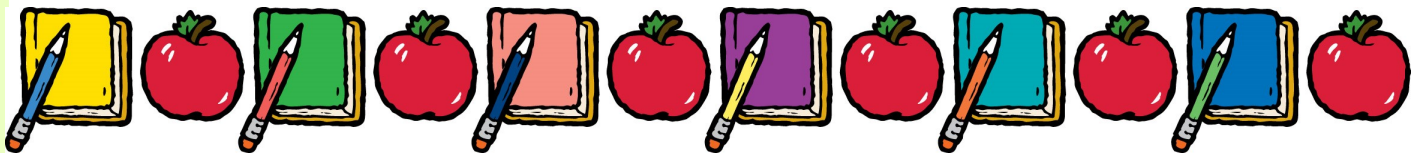
Education and Youth

"Camp Okobojo has always been something I look forward to in the summer. It is an opportunity for youth my age to come together in fellowship and worship to become stronger Christians together. It is an eye opening experience that allows you to meet new people and have a strengthened relationship with God. It also provided me the opportunity to not only go as a camper, but also be a counselor for the campers that go to Concordia Cub Week, and Junior High Week. I spent three weeks at Camp Okobojo this year and had a blast all three weeks! It not only allowed for me to help younger Christians begin to build a strong foundation for their faith as they get older, but it also allowed me to reconnect with past friends and continue to meet new people as a camper all while being able to strengthen my OWN faith in God. This was my 7th year attending camp and there is no one I wouldn't recommend camp to. I am so grateful to have had the opportunity to go with a supportive congregation behind me and the rest of our youth while we are there. Thank you." - Daniel M. (Youth Week)



"This is my 3rd year attending camp. I enjoy this break from the real world, it's like taking a week of vacation to strengthen your relationship with God. I love the opportunities to meet new people and build relationships that will last a long time. This year was my first year being a camp counselor for Cub Week. I enjoyed it very much and hope to do it again. If you are on the fence about going to camp, just do it, there is a chance that you will love it." -Natalie E. (Youth Week)

"I enjoyed going to Camp Okobojo again this year. It gave me a chance to meet new friends and strengthen my relationships with old friends and God. This year our topic speaker was from Missouri so she brought some of her youth with her to camp. I also enjoyed getting to do the fun activities that they have planned for us." -Shaun C. (Youth Week)



Teachers are still needed for K-2 Mid-Week and 7th-8th Grade Sunday School for now thru December.

SAFE Certification needs to be completed for all Sunday School and Mid-Week Teachers before classes begin. Angi Esser is the contact person for getting certified.



VACATION BIBLE SCHOOL

VBS had 32-37 kids each night. Together they raised \$600 for clean water. Thank you to everyone that helped with meals, leading, music, crafts, and making it run smoothly.



Education and Youth

LYF event for grades 3-8

Youth in grades 3-8 join us for our first LYF event after midweek on Sept. 13 - "God, Grilling and Games." It will be from 6-7:30p. The Board of Youth will provide a grilled meal and enjoy games outside in God's creation. (weather permitting, otherwise we will play games inside the Fellowship Hall.)

NOTE: We will start the high school LYF in October. Look for more info soon.



Education and Youth

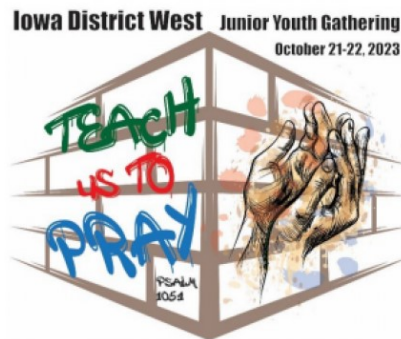
Reminder: registrations for the **IDW Jr. Youth Gathering** Oct. 21-22 for grades 6-8 is due by **Sept. 3rd** to the Board of Youth. Packets are available on the credenza under the clock.

Junior Youth Gathering

October 21-22, 2023

"Teach Us To Pray"

Bible Verse: Psalm 105:1



Attention High School Youth

Registration is still open for the

IDW Sr. Youth Gathering. It is November 17-19 at the Holiday Inn Airport/Conference Center in Des Moines. The theme is "Ready, Set, GO!" This event will be a great opportunity to help our youth get equipped with they can use to impact the world around them. Through engaging activities, powerful worship sessions, games and music, they will explore how to fulfill the Great Commission in their everyday lives. Cost is \$250, but financial assistance is available. More details are in the info/registration packet available on the credenza under the clock. Deadline to get materials to the Board of Youth is **October 1st**. Don't delay, Go!



Rally Sunday will be September 10th, it will include installation of teachers, plus Bible Presentations to 3-year-olds, 3rd graders, 7th graders. We hope everyone who is to receive a Bible will be here!

The Sunday School offering this past year was \$558.04 and was sent to Lutheran Heritage Foundation Missions for Bibles in Ukraine. Watch for news on where our offerings will go this year!



Mid-Week Classes begin Wednesday, Sept. 6 at 5:00 pm. We hope to see you all there!

Women's Ministry

God Cares About You Mission Continues to Transform Lives

2021–2023 LWML Mission Grant #23 — Showing God's Love in the International District, Albuquerque, New Mexico provided the God Cares About You Mission the opportunity to hire a full-time director. Now under the leadership of Director German Montiel, the Mission has significantly increased God's outreach into the community. With a focus on building relationships and listening to the needs of others, more work is now being done to encourage people of an ethnically diverse and disadvantaged population to "come & sit" and hear the blessed news of life and salvation in Christ Jesus. Thank you, Lutheran Women in Mission. Your gifts to support the work of this organization continue to be a blessing to many.



Thank you to everyone who supports the LWML with your mites. Keep dropping those coins (and bills) in the Mite box on the first Sunday of each month. The new mission goal is \$2,350,000 for the next biennium.



Women's Ministry

LWML Mite Update: NEW MISSION GOAL

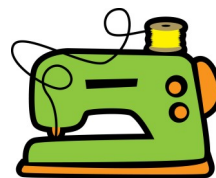
2023-2025 National Mission goal: \$2,350,000.00

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.

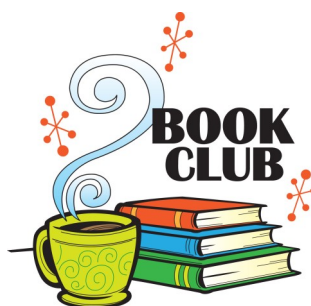


*If you were unable to attend the convention you may still watch livestream at the above website.

FAMILY SERVICE ~ Quilters will meet September 14 from 10 to 2 pm and Sept. 28 from 10 to noon for Quilting. Our first Family Service meeting this fall will be Sept 28 at 1:00 pm. 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

September 2023 Sunday Service Roster

Thank you for serving!

	September 3 10:00 am	September 10 10:00 am	September 17 10:00 am	September 24 8:00 am	September 24 10:00 am
Organist	LaDonna Osborn	Ellen Sander	Ellen Sander	Praise Team	Praise Team
Elders	Ron Coy	Ron Coy	David Schultz	David Schultz	Ron Coy
Lectors	Dawn Schulte	Judy Peter	Tom Peter	Vickie Roach	Steve Johnson
Acolytes	Addison Thomas		Samuel Fritz		
Ushers	Bob & Marilyn Walker, Harry & Pam Mundt	Bob & Marilyn Walker, Harry & Pam Mundt	Bob & Marilyn Walker, Harry & Pam Mundt	Bob & Marilyn Walker, Lynn & Kim Dreyer	Steve & Marlene Johnson, Mike West, Larry Wiebel
Greeters	Karen Ross, Dawn Schulte	Karen Ross, Dawn Schulte	Karen Ross, Dawn Schulte	Karen Ross, Dawn Schulte	Bud & Thelma Voetberg, Lindsay Roach
Valet Parker	Jim George	Cindy Baas	Kent Ziebell	Brent Peterson	
Offering Counters					
Altar Guild	LaDonna Osborn	Judy Peter	Connie Buss	Jan Ziebell	
Power Point	Breanna Wetzler	Sarah Fahrman	Cindy Baas	Amy Carver	Julie Coy
Sound Board	Tom Peter	Ben Fahrman	Tom Baas	Ryan Latuska	Ryan Latuska
Camera	Harry Mundt	Tom Baas	John Murphy	Matt Carver	

