

OCTOBER 2023

ST. PAUL LUTHERAN CHURCH
610 15TH ST.
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

What does it mean to be a Lutheran? Have you ever been asked that? Can you provide an accurate answer to the question? We hear the answer every Sunday, as our Law-Gospel sermon reminds us that we are sinners who have a wonderful Savior, who took our punishment to earn our forgiveness. However, we hear the core message of the Lutheran faith in a very special way each year on Reformation Sunday: You are saved because of what Jesus Christ did for you. You are saved because your Savior paid the price for your sins. You are saved by all that Jesus did, not because of anything that you do. "For it is by grace you have been saved, through faith, and this not from yourselves, it is the gift of God—not by works, so that no one can boast" (Ephesians 2:8-9).

Every October, we Lutherans are filled with excitement as we anticipate our Reformation Celebration. This special celebration is always held on the last Sunday in October.

Plan to join us October 29 as we celebrate God's grace on Reformation Sunday! As Martin Luther reminds us, "This is forgiveness of sins for the sake of the Lord Christ....Grace is freely given to the

most undeserving...and is not obtained by any strenuous efforts, endeavors, or works, either small or great, not even by the efforts of the best and most honorable of men.... You dare not imagine that it was done for nothing or cost little. ...Grace and life were given you, but it meant bitter work for Him. It cost Him much. He earned it at the expense of His own body, blood and life."

Celebrating God's grace for us in Jesus,

Pastor Jenks



Reformation Service

Inside this issue:

A Note from Your Pastor	1
Worship Schedule/Elder Board News	2
Sowing Seeds of Faith	3
Wellness	4
Education & Youth	5-7

Women's Ministry	7-8
Birthdays & Anniversaries	9
October Sunday Service Roster	10
Board of Directors Minutes	11-12
Preschool News	13

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, October 3

10:00 a.m. Worship with Holy Communion

Sunday, October 10

Rally Sunday

10:00 a.m. Worship Service

Sunday, October 17

10:00 a.m. Worship with Holy Communion



Sunday, October 24

10:00 a.m. Worship Service

Sunday, October 29

Reformation Sunday

10:00 a.m. Worship with Holy Communion

Elder Board News

The Board reviewed the process we go through to reach inactive members. This process was interrupted by Covid several years ago. The primary purpose of the exercise is to encourage members that have not been attending to come back for the Sacrament, Word and fellowship offered at St. Paul. An encouragement letter will be sent out in October, followed 6 months later by an initial inactive letter and then 6 months later a final inactive letter. With the results of these letters, we can then make a decision as to the members' status and act on them at the Voter's Meeting in May 2024.

Dave provided an update on the church security situation. St. Paul Lutheran has discussed security issues for several years but little has been accomplished aside recent efforts to secure entry during Sunday services. The Security Committee recommended that further security be considered and implemented at this point since a church relocation will be several years away if approved at the Voters Assembly. We will proceed with contacting a security firm to look into the possibility of installing security cameras and also a locked entry system.



For Everything There is a Season

The Sowing Seeds of Faith Fundraising Campaign is living “high on the hog” this fall, thanks to a Sowing Seeds Piggy Bank that was found nesting in St. Paul’s offering plate on Sunday, September 17. This little fella must have been porking out all summer...he was stuffed full of coins and bills amounting to \$67 to be used for St. Paul’s future church relocation. How’s that for a blessed pig tale!



SOWING SEEDS
of FAITH

Sure, this little piggy admits he doesn’t bring home a lot of bacon, but he knows every “dollar makes a difference”. How about piggy-backing on his efforts by hoofing it to church with your donations, too? According to pig, helping St. Paul is a whole lot better than heading to market!



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.



Can you Get Too Much Protein?

By Connie Buss

When I worked at the Boone County Hospital, I was surprised to see many hospitalized people were malnourished. My career up to that point was focused on out-patient teaching, but in Boone I had the opportunity to visit in-patients. Malnourished ones. I just couldn't understand why this happened. I always thought that people eat plenty of protein. Wow, I had a lot to learn! Let me share some of what I learned with you.

All of us know that protein is an essential nutrient for good health that serves as structure for muscles, hair, blood, tendons, antibodies, enzymes, etc. Our muscles and other tissues are in a constant state of change, breaking down and rebuilding. Each person's individual protein needs are different, based on age, overall health, activity level, muscle mass, etc.

You probably knew that protein needs are higher during growth periods, i.e. children, young adults, pregnant women. Adults, in general, need about 0.4 gm protein per pound of lean weight. A healthy 130# woman may need 50-55 gm protein daily. A healthy 180# man may need about 70-75 gm protein per day. As we age, we are not growing, but our protein needs are about 50% more. Older adults (60+) may need 0.5-0.6 gm/protein daily per pound. So that same healthy woman may need 75-80 gm/d and that same man may need 90-100 gm protein daily, if they are over 60.

With aging, the taste for meat changes, making it less desirable. The less protein consumed, the lower the appetite, especially for meat. Health issues may decrease meat consumption (high cholesterol, etc.), as well as the increasing cost of meat. Hence, older adults don't eat as much protein as they may need. Muscles suffer. Balance issues occur. Falls more likely. Problems with osteoporosis. Slower healing after injury or surgery. Major issues could result. Injury, surgery, illness, and other stressors may double an individual's protein needs. So, those hospitalized people were older, had health issues and protein malnutrition was very common.

The more active a person is, the leaner the person is, the more protein is needed. Protein alone will not increase muscle mass. Strength training with additional protein builds muscles.

Total protein needs are only part of the story, with the spacing also important. Current research indicates that we should aim for 20-30 gm protein per meal, spacing 3 meals/d.

Most complete proteins are animal sources. Vegetable sources require more attention to get the proper balance of amino acids. Reading labels gives the amount of protein for the portion size listed.

	<u>Item</u>
	<u>Protein (gm)-approx</u>
Beef, Pork, Poultry, fish (3ounce portion, 1/4# raw, size of a deck of cards)	21
Milk (8 ounces)	8
Greek Yogurt (6-ounce cup)	17
Cottage Cheese (1/2 cup)	14
Beans, lentils (cooked, 1/2 cup)	8
Pasta (cooked, 1 cup)	8
Nuts (1/4 cup or 1 ounce)	7
Egg (1 large)	6
Cheese (1 ounce)	7

Can you get too much protein? If you have chronic kidney disease, you should talk to your doctor before you increase your protein intake. If you eat lots of fatty meats and cheeses, your cholesterol levels and weight may go up. Evaluate your needs and see your physician with any questions.

Education and Youth

We held our first 3-8th grade LYF event on Sept. 13. It was a fun night of food, games and getting to know this year's group of kids.



Education and Youth

Youth in grades 3-8 join us for a Spooky Mystery Meal and pumpkin decorating on October 11 from 6-8pm. Look for more information and how to RSVP in an email and flyers. (Please note the longer time and RSVP's needed for food planning and pumpkin count).

High School Youth- We will be carving pumpkins and planning our activities for the year in October. Date and time to be announced. Look for announcements and email out soon.



Youth Appreciation

Parents of our youth, please help us recognize our youth. We are proud of all of them but if the school gives them something special, let us know and we will also highlight it. Email Karen Griffin or the office a copy or a picture.

Also when your student participates in drama or music, we would like to promote this too, and anyone can attend and enjoy as well.

If you see the possibility of an exciting game between two schools where our students are playing, let us know and we can support them with a cheering section.

Contact Board of Evangelism, Kareng8709@q.com

Education and Youth

Sunday, October 29, 1:30 pm—3:00 pm

St Paul Lutheran Church Parking Lot, 610 15th St. Ames, IA



Women's Ministry



The Lutheran Women's Missionary League (LWML) is the official women's auxiliary of the Lutheran Church - Missouri Synod.

Each year in October we celebrate LWML Sunday. This year LWML Sunday is October 8. We will have a special message with the theme "The King is Coming". Members of our LWML will be serving in various ways.

To help with our LWML celebration we ask that all church members **WEAR PURPLE!** And remember to bring lots of coins and bills for our **NOISY OFFERING!** This all goes to missions. Our new mission goal is \$2,350,000 and **YOU** can be part of reaching that goal.

Women's Ministry

LWML Mite Update: NEW MISSION GOAL

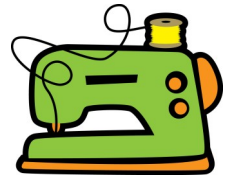
2023-2025 National Mission goal: \$2,350,000.00

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.

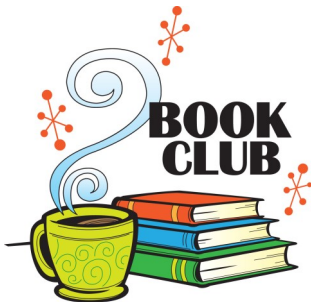


*If you were unable to attend the convention you may still watch livestream at the above website.

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 “Grace in Strange Disguise” by Christine Dillon. We will meet in the church fellowship hall Thursday, Nov. 9 at 2:15 pm.

Goodreads says: **Instead of a wedding, Esther is facing radical surgery and chemotherapy. Where is God when she needs him most?**

Esther is a people pleaser. It's never been a major problem because she's just gone with the flow. Her father has always preached, “Follow Jesus and you'll be blessed.” And up until age twenty-eight, Esther has never had any reason to doubt it.

Will she appease her father? Or will she listen to the words of a stranger who challenges everything she believes?

Date	Location	Book
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



St. Paul Lutheran Preschool October 2023 News

Preschool Sunday was overflowing with excitement as preschool children and their families were welcomed by St. Paul Lutheran Church members! A BIG thank you to the Preschool Board for coordinating a fabulous celebration. The preschoolers sang "Jesus Loves Me" and "I've Got the Joy, Joy, Joy, Joy Down in my Heart" at the 10 am service followed by free ice cream from Pint-Sized Ice Cream. A firetruck, police cars and community helpers were at the celebration to teach the children about safety. It was a fun morning!

We welcome St. Paul Lutheran Preschool's new teacher, **Mrs. Angela Thayer**; who is the Bear Teacher of 3-Year-Olds who attend preschool 4 days-a-week.

Angela is a wife and mother of 3 soccer loving boys ages 13, 12, and 9. She also loves blogging on her site TeachingMama.org.

Angela went to college at UNI and after a 13 year hiatus is back in the classroom. Angela has a strong faith and is energetic, creative, and full of joy. We welcome her to St. Paul and will enjoy collaborating with her on our journey as we share God's love with the preschoolers.

Spe-

In Memory of Sandy VanNostrand

This year's Preschool Open House was planned to be held on Tuesday, September 5th to welcome our 79 preschoolers and families to a new school year. Our plans sadly had to change because our wonderful co-teacher and friend, Sandy VanNostrand, was going to be laid to rest from her battle of cancer which she so bravely fought with God's strength and power.

The teachers unanimously voted to change the Open House to Wednesday, September 6th so we could all attend Sandy's joyous funeral celebration, heart-felt graveside service, and luncheon including popcorn and Mountain Dew, Sandy's favorite snacks. The families were all so accommodating about the change in plans and made it all happen without a hitch.

We thank God that we had the opportunity to have Sandy teach here at St. Paul for 7 faithful years. She enjoyed teaching about Jesus to the children and would light up when she would tell the children's about His amazing true life story. God had her here to serve in this ministry at this time. She changed so many children's and families' lives forever with her talents God gave her to share the Good News about Jesus.

In her memory the teachers bought a church pew bench which is at the entrance of the preschool. The Peshek and West's gave memorial money and we purchased a custom sign with the preschool's theme verse, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these." Mark 10:14. A beautiful picture of Jesus talking with the children is included in this tribute to Sandy. Sandy is now in her heavenly home with her Savior and her memorial area at preschool is a tribute to what was so important to her. May others be blessed by the message she wanted everyone to know.