

# NOVEMBER 2023

ST. PAUL LUTHERAN CHURCH  
610 15TH ST.  
AMES, IA 50010  
515-232-5838

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

Dear friends in the Lord:

Are you ready for Thanksgiving? Or are you going through struggles that make you ask, "What is there to be thankful about?" The students in my confirmation class could tell you, if they remember our recent lesson on the Fourth Petition: "Give us this day our daily bread." In class the day we covered this petition, as we used our confirmation workbook, each student made a list of 15 gifts she/he is thankful for and we joined in giving our gratitude to God. (Why 15? Because that's how many blank spaces the workbook provided.)

Can you think of 15 gifts from God for which you can be grateful? Doesn't God bless us with His love every single day? Isn't God with us to help us when we feel hopeless? Doesn't God give us patience and perseverance through Jesus when we are overcome with frustration? Doesn't God grant us His guidance when we need direction? And most of all, through the sacrifice of Jesus, doesn't God bless us with forgiveness for our sinful failings?

There is so much to thank God for – above all, for Jesus! God has blessed us spiritually beyond measure, through Christ and His true treasures. *"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with eve-*

*ry spiritual blessing in Christ!"* (Ephesians 1:3)

If you are grateful to God for His love, this month provides you with an apt opportunity for a special offering of thanks. I am thankful for all the offerings from our members that allow us to continue to provide God's Word and weekly worship to you through this dark pandemic. I am thankful for everyone who gives to the Lord's work, so that we can give you the Lord's Word each week. Thank you for your gifts of gratitude to God, in thanks for all that God has given to you!

God's Word reminds us that our offerings are an important part of our worship, and our offerings are an expression of how thankful we are to God. Psalm 96:8-9 proclaims, ***"Ascribe to the Lord the glory due His name; bring an offering and come into His courts. Worship the Lord in the splendor of His holiness."*** Often, people will ask you, "What are you going to have for Thanksgiving?" God's Word sounds like it is asking you, "What are you going to give for Thanksgiving?" What are you going to give, in gratitude for all that God has given you?

In Jesus, with thanks-giving,

Pastor Jenks



### Inside this issue:

A Note from Your Pastor	1
Worship Schedule/Elder Board News	2
Griefshare/Baskets of Plenty	3
New Member Welcome	4
Wellness	5
Education & Youth	6-8

Women's Ministry	8-9
Birthdays & Anniversaries	10
Service Roster	11
Board of Directors Minutes	12-15
American Heritage Girls	16

### 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, November 5**

10:00 a.m. Worship with Holy Communion

**Sunday, November 12**

10:00 a.m. Worship Service

**Sunday, November 19**

10:00 a.m. Worship with Holy Communion



**Wednesday, November 22**

7:00 p.m. Worship Service

**Sunday, November 26**

10:00 a.m. Worship with Holy Communion

### **Elder Board News**

The Board discussed budget options should St. Paul decide to go ahead with a loan of \$750,000 to help fund the proposed new church facility. A preliminary budget prepared has proposed eliminating funding for the church pre-school and delaying hiring of the DCE position. After considerable discussion, **Keith Folkmann moved the following:**

**The Board of Elders go on record in favor of continued funding for the St. Paul pre-school and also the DCE position in addition to any potential new loan payments. The pre-school and DCE funding should not be removed to support loan payments for a new church facility. The motion was seconded by Steve Johnson, and approved unanimously.**

The Board approved 13 initial inactive letters to members that have not attended within the past six months. Two follow-up letters will be mailed in April 2024 and October 2024 if no response to the communication has been received. Removal from the congregation will then be presented at the voters' assembly, May 2025.

With our one well-attended Sunday service, communion has become somewhat lengthy. Several alternatives to help with communion flow were discussed and may be implemented in the near future.

### **Fall cleanup**

The Trustees invite the congregation to come help cleanup the church grounds Saturday Nov 11th starting at 8 am. Grab your rake, gloves and the entire family and help us prepare for winter. Many hands make light work of this event, hope to see you there!



## Surviving the Holidays

If you are journeying through the loss of a loved one, we would like to invite you to a light lunch and grief seminar on **Saturday, November 18th**.



St. Paul Lutheran Church is offering a **GriefShare** seminar on **"Surviving the Holidays"** on Saturday, November 18th, in the St. Paul Fellowship Hall, for those who have suffered the loss of a spouse, child, parent, relative, or close friend. In addition, if you know of others who would benefit by attending this seminar, please share this information with them.

The holiday season is fast approaching. This might be the first holiday after your loved one's death, or maybe it's the second, third, or beyond. In the coming days, you are going to be facing some tough emotions. And due to the nature of Thanksgiving and Christmas - with its focus on family, yearly traditions, expectations, social events, and "cheer" - the emotions can blindsides you and cause dread with facing them without your loved one.

You can lessen the emotional impact by knowing what to expect and being prepared. This short seminar can help you "Survive the Holidays". We'll begin with a light luncheon, watch a video, followed by discussion and encouragement. We invite you to pre-register by November 10<sup>th</sup> to ensure that we have enough food and materials.

Call leaders Gretchen Zitterich at 515-201-7570 / [gzitterich@gmail.com](mailto:gzitterich@gmail.com) or Pat Thiede at 515-290-9588 or Carolyn McCall at 515-520-1698 / [Carolyn.mccall1937@gmail.com](mailto:Carolyn.mccall1937@gmail.com) with any questions you may have and/or to **pre-register (deadline Nov. 10)** for this light lunch and seminar program. If you wish, you may register online at [www.griefshare.org/holidays](http://www.griefshare.org/holidays). The **cost is \$5** per person and payable at the door. **Lunch begins promptly at 11:45 a.m. and seminar lasts until 2:00 p.m.**



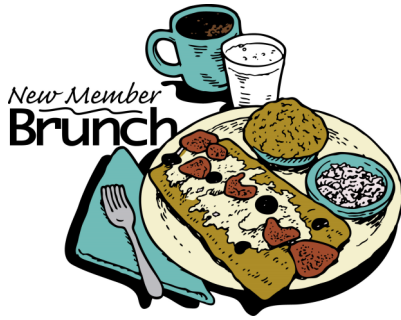
**We have extended our Thanksgiving Baskets of Plenty this year.**

**We will be gathering our Thanksgiving donations on Sunday, November 19<sup>th</sup> and Sunday, November 26<sup>th</sup>**

With all the needs throughout our country and with so many disasters and needs by so many of our Church families we will be having the Thanksgiving Food In-Gathering for Bethesda Community Food Pantry. Cash/checks donations and non-perishable food items will be placed at the altar. Cash/check donations allow the food pantry to purchase what is needed at a greatly reduced cost.

**1 Thessalonians 5:18** *in everything give thanks; for this is God's will for you in Christ Jesus.*

## New Member Welcome Potluck Brunch - Sunday, Nov. 5, 9 am



Everyone is invited to come to the Potluck Brunch to welcome our new members at St. Paul.

Please bring your delicious brunch items to the kitchen at 8:45 am so we can begin right at 9.

We would like the Sunday School children and teachers to go through the serving line first so they can get to their classes.

## Gary Thies Mission Presentation - Nov 26 for all ages.



Gary Thies, Mission Development Counselor for The Lutheran Church—Missouri Synod, will be coming to:

**St. Paul Lutheran Church Ames, Iowa**

**Sunday, November 26, 2023**

**Bible Class at 9:00 Worship at 10:00**

Gary will give an exciting and interesting presentation on what is happening in the Mission field around the world.

**Don't miss this chance to invite a friend.**

**25<sup>TH</sup> SILVER ANNIVERSARY HOPE Gift Market is November 12th From 8:45 until 10:00 a.m. in the Fellowship Hall.**

**November 12th** is the date for our annual HOPE (Helping Other People Everywhere) Gift Market. This year we celebrate **25 years** of giving to others in need! Come visit with the Board of Human Care to learn more about the sponsored organizations, and consider making a \$25 donation in thanksgiving for all God has done for you!

Enjoy a cup of coffee and some treats, too, as we celebrate this fantastic milestone!

A HOPE Gift Market shopping list and order form can be found in this Epistle. **If you can't be at the Gift Market, complete the form, attach your check (made out to St. Paul Lutheran Church), and place both in the Human Care mailbox. Order forms will also be available at the back of church, and will be accepted through the month of November.**

**THANK YOU** for your generosity and **HAPPY ANNIVERSARY HOPE GIFT MARKET!**



## Why are Eating Meals with the Family So Important?

By Marlene Johnson

How often do we get so involved with our own life that we get self absorbed? It is important that we spend time with our family so we don't start living separate lives. A thirteen year old girl, who was also an only child, ate all her meals alone in her room. Her mother and father also ate at different times. As a result, this young girl has some emotional wellness issues. This got me motivated to look into the importance of sharing meals with your family.

When you look at families' schedules, you can see why it is hard to eat a meal together. However, even with our busy schedules it is important to make it a priority to eat 4 - 5 meals a week together. This does not always need to be the evening meal. You might consider a breakfast, lunch, or even a snack all together in the evening.

Here are some facts and reasons to share meals:

- Only 30% of families regularly eat meals together.
- 80% of teenagers say family dinner is the time of day they get to talk to their parents.
- Meals provide an opportunity for positive conversation and sharing.
- It is an opportunity to learn to take turns talking, and to learn how to LISTEN.
- It is a chance for everyone to share what has happened in their day.
- The together time keeps the family up on what everyone is doing.
- Eating meals together can have the beneficial effect of reducing stress in children.
- It is key to turn off the television, and "outlaw" cell phones and other electronic devices.

It can also be beneficial to share the preparation of the meal together. This lets everyone learn how to prepare food, and gives family members a chance to try new foods together. Meals together encourage a sense of belonging.

In the articles that I read it is helpful to have mealtime close to the same time each day. Setting your mealtime at a regular time lets the kids know when they are expected home for mealtime. This gives them and other family members valuable routine and structure.

The health benefits for children who have family meals is positive. Research shows that children have lower rates of depression, anxiety, substance abuse, and tobacco use.

It continues to be important when your children are no longer home to enjoy meals with friends.

Genuinely connecting with each other over shared meals can improve everyone's physical and mental wellness.

## Education and Youth

### Mystery Meal and Pumpkins highlights

On Oct. 11 we had 14 youth in grades 3-8 have fun ordering from a mystery meal menu and eating things like severed fingers (hot dogs), swamp grass (salad), eye of newt (Oreo eyeballs), ghost blood (water) and more. Later, their creativity showed as they decorated small pumpkins.



## Education and Youth

### IDW High School Youth Gathering

November 17-19 we have 6 youth and 1 adult who will be attending the IDW Youth Gathering, "Ready, Set, GO!" at the Airport Holiday Inn & Conference Center in Des Moines. They will be participating in Bible studies, hear special speakers, attend break out sessions, hands-on activities, music, games and worship service all based on Matthew 28:19-20. Please keep Tessa, Natalie, Lydia, Eayon, Shaun, Daniel and Carla in your prayers as they strengthen their faith and reconnect with friends.



### Save the Date

Youth please note the Children's Christmas Service on **December 10th** will be our youth activity for December. Many parts are available including any youth who plays an instrument and wants to be in the youth ensemble, please let Carla or Wayne know so we can get you the music. (The Board of Education handles the practices and will announce those dates later. )

### MARK YOUR CALENDARS!!!!

The Children's Christmas Program this year will be Sunday, December 10th. There will be two rehearsals on Saturday, December 2, and on the following Saturday, December 9th.

#### WANTED:

Help is needed for these things for the program:

Costumes

Lighting

Power Point

Props

Sound System

If you can help with any or all of these things, please contact Inez Smith (515) 460-6211, [cas-le1314@hotmail.com](mailto:cas-le1314@hotmail.com).

There will be a sign up on the bulletin board explaining more.

Thank you so much. Inez Smith

## Education and Youth

### NYG Calendar Sales

Beginning Sunday Nov 5th the NYG will once again be offering Our Iowa calendars as a fundraiser for our trip to the Youth Gathering in New Orleans 2025. Calendars will be \$15 and make fantastic Christmas presents. Thank you for your continued support!



## Women's Ministry



### Angel Tree

The HOPE Gift Market will be Nov.12 and the Board of Women's Ministry will again sponsor the Angel Tree. We are expecting to have 25-30 little angels who are in need of help this Christmas. Stop by our table and pick the name of an angel to shop for.

### 2023–2025 Mission Grant 1 — \$100,000- Orphan Grain Train Servant Center

Orphan Grain Train (OGT) has carried out the mission of the Lord for thirty years by providing humanitarian service. They work through the church so the Gospel always accompanies their service. They have assisted orphans, carried out domestic disaster relief, gathered, sorted, packed, and distributed food, clothing, medical supplies, equipment, and educational materials for those experiencing poverty in the U.S. and internationally.



The original facility in Norfolk, Nebraska, is outdated and lacking adequate space to carry out their expanding work. They need to build an additional facility to increase their mission capacity and increase the safety level for volunteers. With an increased work area, larger groups of volunteers can work on donations received and the output of mercy meals can double to 10,000,000 meals annually. This grant will help OGT complete their building project.

This is the front entrance to the new Servant Center in Norfolk, NE.

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

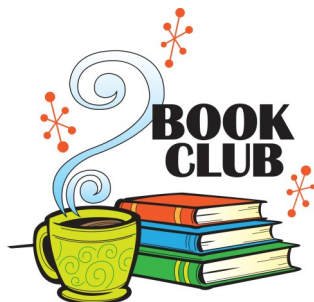


\*If you were unable to attend the convention you may still watch livestream at the above website.

**FAMILY SERVICE** ~ Quilters will meet Nov.9 from 10 to 2 pm and Nov 30 from 10 to noon for Quilting. Our Family Service meeting will be Nov. 30 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

# November 2023 Sunday Service Roster

*Thank you for serving!*

	November 5 10:00 am	November 12 10:00 am	November 19 10:00 am	November 22 7:00 pm Thanksgiving Eve	November 26 10:00 am
Organist	LaDonna Osborn	Ellen Sander	Praise Team	LaDonna Osborn	LaDonna Osborn
Elders	Jake Vogel	Jake Vogel	Ron Coy	Bob Walker	Ron Coy
Lectors	Nancy Carper	Alberta Voge	Matt Weiss	Larry Wiebel	Cindy Baas
Acolytes	Drew Boyko		Aleaya Phipps		
Ushers	Phil & Alberta Voge, Matt Weiss, Dean Ulrichson	Phil & Alberta Voge, Matt Weiss, Dean Ulrichson	Phil & Alberta Voge, Matt Weiss, Dean Ulrichson	Tom Henriksen, Jerry Schradle, Larry Wiebel, Ron Coy	Phil & Alberta Voge, Matt Weiss, Dean Ulrichson
Greeters	Katie Friedrich, Tom & Cindy Baas	Katie Friedrich, Keith & Carol Folkmann	Katie Friedrich, Tom & Cindy Baas	Tanny Latuska, Dick & Linda Peterson	Katie Friedrich, Glenn & Nancy Carper
Valet Parker	Paul Knop	Cindy Baas	Jim George		Kent Ziebell
Offering Coun- ters	Dean & Ardy Ulrichson	→			
Altar Guild	Becky Juelfs	LaDonna Osborn	Connie Buss	Judy Peter	Karen Griffin
Power Point	Cindy Baas	Julie Coy	Julie Coy	Julie Coy	Amy Carver
Sound Board	Tom Baas	Tom Peter	Tom Peter	Cindy Baas	Shaun Carver
Camera	Eric Phipps	Matt Carver	Harry Mundt	Tom Baas	John Murphy



## AHG Troop IA2016 September/October Recap

Our AHG troop, IA2016, has had a great time kicking off so far! Our first meeting was Monday, September 11, where we had a blast meeting new friends and learning about the cool badges and activities we would be getting to do this year! The Explorers also had a Fire Safety badge workshop in late September to prepare for their Outdoor Cooking badge, which was super fun and included learning how to properly create, fuel, and put out a fire as well as getting to make s'mores. The Pioneers and Patriots have also gotten to learn how to melt and temper chocolate to make chocolate-covered strawberries as part of their Cooking badge, and interview guest speaker Lori Jenks about her experience doing mission by running St. Paul Lutheran Church's Preschool for the Mission Minded badge. Patriot Julia Bennett was also awarded her Abigail Adams Level Award on Saturday, October 7. One of the biggest requirements included planning an extensive service project, which she accomplished by organizing a service day for Cornerstone Church's Youth group program in which middle- and high-schoolers helped to prepare and assemble approximately 150 frozen meals for people in need.



Our first meeting on September 11.



Explorers at the Fire Safety badge workshop.

