

DECEMBER 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

Friends in Christ,

Families receive great joy when they welcome a new child into their midst. Parents and grandparents proudly and joyfully share photos of the new little one. It's a wonderful time of celebration!

On the other hand, there is a baby boy we welcome this month who brings joy to every single family of the world! Even in our times of sorrow and struggle, He brings us hope, and He offers us help. What child is this? Jesus, of course!

Come share the joy with us during this Advent season! Our special services of reflection will be held on Wednesday evenings. These devotional services are designed to be around 45 minutes in length, more or less (depends on how long-winded the preacher gets).

Advent midweek worship will be held at 7 p.m. December 6, 13 and 20.

In Jesus, whose birth blesses us and brings joy to the world,

Pastor Jenks

Special Note about Services on December 24

Please note that on December 24, the elders have decided there will ONLY be worship services in the evening. Come join us at either 5:00 or 7:00 PM for our special Christmas Eve service with candle-lighting. We anticipate that the 5:00 service will be livestreamed. Get ready to worship with us AT NIGHT on Christmas Eve (not in the morning).

Christmas Day worship

We WILL have worship in the morning on Christmas Day, December 25. Join us for our 10 AM service of Holy Communion and celebration of the birth of our Savior Jesus.



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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, December 3

10:00 a.m. Worship with Holy Communion

Wednesday, December 6

7:00 p.m. Worship Service

Sunday, December 10

8:00 a.m. Worship Service

10:00 a.m. Children's Christmas Program

Wednesday, December 13

7:00 p.m. Worship Service

Sunday, December 17

10:00 a.m. Worship with Holy Communion

Wednesday, December 20

7:00 p.m. Worship Service

Sunday, December 24

5:00 p.m. Christmas Eve Candle-light Service

7:00 p.m. Christmas Eve Candle-light Service

Sunday, December 31

10:00 a.m. Worship with Holy Communion



Elder Board News

With Christmas on Monday, it was decided to limit the prior Sunday services to 5:00 and 7:00 vigils. A 10:00 service with communion will be held on Christmas Day.

Nine more inactive letters were approved to be sent to members that have not attended within the past six months. A follow-up letter will be mailed in March, 2024 if there is no response to that communication. Without any response from either letter, removal from the congregation rolls will then be presented at the voters' assembly, May 2024.

Research continues on installing a basic camera system at church entrances to document incidents that may require follow-up.

The Board discussed whether to pursue either an Intern or DCE for the Director of Family Life position. A subcommittee will provide the elders with additional information (salary, benefits, availability) at the December meeting. One concern raised was the poor response to church sponsored activities during Thomas' tenure as DCE. If you have thoughts on this please contact your elder before the next elder meeting.

COME HAVE FUN DECORATING THE CHURCH FOR CHRISTMAS



Saturday, December 9th

“Decorating for Christmas” starting at 12:30.

We will be decorating the sanctuary, narthex, fellowship hall, etc.

This is a special time of the year for all of us and what a great way to start out the season to take time to help prepare our hearts and the church. The more that help, means more fun and less work than just a few can do.

Wednesday, December 6th, after Advent Service we would like your help in getting out all the Christmas decorations from the old balcony. We would appreciate your help.

Please email Judy Peter at japeterames@gmail.com or call her at 232-1876 if you can have any questions or suggestions.



The Board of Human Care wishes to thank all who participated in the 25th HOPE Gift Market.

Your generous contributions help support these nine organizations in order for them to continue doing God's work to serve those in need! May God continue to bless you and yours, especially this Christmas season!

**THANK
YOU**

Advent Services will be held Dec. 6, 13, & 20 at 7:00 pm with a meal served at 6:00 pm.

Meals will be provided by:

Dec. 6 - Soup and Sweets by the Board of Women

Dec. 13 - Served by the Youth attending the National Youth Gathering

Dec. 20 - Served by the Youth attending the National Youth Gathering



**Advent
Meals**



Merry Christmas! Celebrating Christ's birth is full of many traditions, church ones and family ones. What are some of your traditions? Church events, carols, parties, special foods & cookies, gifts, and extra family time have been traditions of ours.

Let's add to the list how to stay healthy during the holidays. Some thoughts: as always, # 1, wash your hands. (We may get tired of being told to wash for at least 20 seconds, but I honestly do not see many people spending that much time handwashing.) # 2. Get enough sleep. Yep, we are busy with family activities, shopping, baking, gift wrapping and all the other obligations of the season, but adults really need 7-9 hrs, kids need even more. Our immune system is so much better with adequate rest, and we cope with holiday stress better, spend less money and eat better. Of course, please add to the list: some physical activity, eating lean meats and whole grains with liberal amounts of vegetables and fruits! (Did you know that eating your veggies first can reduce the blood sugar spike with starches and sweets? Fiber!!!) Where does that leave those holiday treats?

What are your special foods for Christmas? Can some of your recipes be modified with simple switches to make them a bit healthier without sacrificing enjoyment? A few tips to consider buy an unbasted turkey to reduce sodium, use reduced salt broth for basting & in those mashed potatoes, use 98% fat free cream soups in the green bean casserole with dried/fresh onions in the mixture and crispy onions only on the top, use sugar free jello in the cranberry dishes to reduce sugar intake, 2% or fat free evaporated milk in the pumpkin pie. Easy switches! Portion control is easier when you don't skip meals, eat those fruits and veggies, take smaller bites, eat slowly & be mindful when eating to enjoy the food and stop when you are comfortable, not stuffed. Stuffing is for the turkey!

There are some traditional recipes that I make so seldom and that are so special, I will guiltlessly enjoy them! Of course, I will try to watch the portions...but there are times we all choose to eat more than normal. No guilt for short term! A short walk after dinner can help, and planning what to do with the leftovers can make a difference & get you "back on track" to healthy eating. Enjoy all the traditions and yummy foods of Christmas, but don't let those things interfere with your worship of CHRIST this Christmas. Blessings!

Do you want to increase your strength, flexibility and balance, possibly manage your pain, stress, blood glucose levels and feel better? Sounds impossible... but, have you tried chair yoga before? Now is the time! It is something that everyone can do. Please join us on Sunday December 3 after the church service in the fellowship hall to meet Lynn Maves, RDN, LDN, CDE and learn simple chair yoga that you can do at home. A sign-up sheet is on the bulletin board in the narthex. Please help us by adding your name to the list!



Evangelism

SEND A CARD

Let's all send a Christmas card to our church members we have not seen at church.

Christmas cards will be available in the fellowship hall during Bible class. Select a card, write a little note, put a name on the envelope and place in the special box. If you don't know the address, we will complete the address. More than one card to the same person is good. Include our shut ins to remind them we think of them, also. A card with our Christmas services times will go inside the card, too. We will stamp the cards and mail them December 14.

Share the Reason for the Season, Jesus's Birth.

Merry Christmas

The Board of Evangelism



Education and Youth

LYF Ornament Decorating

In November, LYF kids enjoyed a fantastic spaghetti dinner (thank you Amy!) and decorating various Christmas ornaments. They were encouraged to keep an ornament for themselves and give someone special the other one they made. They also wrote cards for shut-ins. Here is the group proud of their creations and anxious to share.



Education and Youth

Everyone is invited to The Bethlehem Star

A Christmas Program presented
on

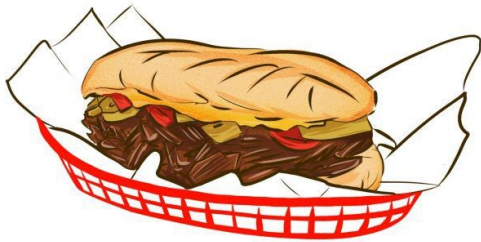
Sunday, December 10th
10:00 am



Performed by the Sunday School Children at St. Paul Lutheran Church

NYG Advent Dinner Fundraisers

Please come enjoy a hot beef sandwich and more before church on Wednesday, Dec 13 and Dec 20. Meals will be made and served by the youth attending the Youth Gathering in New Orleans. While a suggested minimum \$5 per person is preferred, any free will donation is appreciated. All proceeds will go to help with expenses to travel and attend the gathering.



Silent Auction and Bingo

On January 20 the NYG Youth going to New Orleans will hold a silent auction along with Bingo Night. (More information out soon about time and cost). However in the meantime, If you have

new or like new items you'd like to donate for the auction, please contact Carla Murphy for details. Otherwise we hope to see you come play bingo and bid at the event!



NYG Calendar Fundraiser

Reminder to get your OUR IOWA 2024 wall calendars! The NYG youth will continue to sell them before and after church through Dec 10. Calendars are only \$15 and are great as Christmas gifts, or for your home or office! Thank you for your continued support!



Education and Youth

IDW Jr Youth Gathering “Teach us to Pray”

We had 4 youth and 1 adult attend the Jr Youth Gathering in October with 375 others from our District. They learned about prayer from keynote speakers and the breakout sessions. They enjoyed time during nightlife where they played games, karaoke, and the opportunity to pack meals for the hungry. They concluded Sunday morning with prayer stations on the Lord's Prayer and a worship service.



High School Pumpkin Carving -God's Light

On October 22 the High School LYF group gathered to have lunch, carve pumpkins and more. Fun was had by those in attendance as we laughed and discussed a variety of topics. We talked about faith and how God removes our sin and “yucky” stuff just like we were removing the “yucky” stuff of our pumpkins so when a light is placed in it, it will shine bright, just like God's love for us.



Education and Youth

High School LYF - Save the date!

All high schoolers in grades 9-12 are encouraged to join us on Saturday, Dec 9 to help decorate and prepare the church for Christmas. This is one of our service events to give back to the congregation and a time to have fun and fellowship. We will begin as soon as the practice for the Children's Christmas Service is done. The more hands, the less time it will take. It is also a great way to earn Silver Cord hours for graduation or for Honor Society.

Note: There will not be LYF activities in December, but we will resume in January.

Save the Date for Youth Sunday

All youth in grades 3-12, please mark your calendars for February 25 when we will have Youth Sunday. This is where the youth are responsible for the whole service- greeting, ushering, reading, doing the children's message, giving the service message, and playing in the music ensemble. We need lots of youth to make it run smoothly. Look for an email with practice times and more information out in January.

Women's Ministry

The Women will be hosting the "Soup and Sweets" Advent meal on Dec. 6. Sign up to bring your favorite soup or those delicious Christmas sweets to share.... And come and enjoy!



Angel Tree

The Board of Women's Ministry is again sponsoring the Angel Tree. Please return your Angel Tree gifts by Dec. 3 and PLEASE make sure the Angel number is on every package. Thank you so much for your generosity.

2023-2025 Mission Grant 2 — \$100,000- A Healing Space for At-Risk Children

The Christ-centered, healing ministry of Dakota Boys and Girls Ranch creates an eternal, lifegiving impact in the lives of children, age 10 to 18, who have faced unimaginable trauma. Due to childhood traumas of violence, abuse, neglect, and more, Ranch children experience debilitating emptiness and loneliness at the deepest of levels; levels that only Christ can heal.

A gap in spiritual care on the Ranch's Bismarck campus has been a chapel facility specifically designed to be a healing space for traumatized boys and girls. A construction date of Spring 2024 has been set to build a chapel to serve as a healing space to help them know and experience the mercy of Christ and His healing power. This grant will help meet the construction costs of the Chapel on the Bismarck campus and provide healing for at-risk children.



The Ranch is called to give each child the chance to meet Jesus, learn about Him, and discover how His love, grace, and peace can help them find and become their best selves.

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.

Family Service will be hosting a **Potluck/Christmas party December 14th** at 12:00 noon. **All women of the congregation are invited to attend.**

We enjoy great food, play a few games, and have a very good time.

If you would like to attend it would be appreciated if you would let the office know so we can get a count. Thank you.



“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 “If I Were You” by Lynn Austin. Barnes and Nobel says: “From bestselling and eight-time Christy Award-winning author Lynn Austin comes a remarkable novel of sisterhood, self-discovery, and romance set against the backdrop of WW2.

1950. In the wake of the war, Audrey Clarkson leaves her manor house in England for a fresh start in America with her young son. As a widowed war bride, Audrey needs the support of her American in-laws, whom she has never met. But she arrives to find that her longtime friend Eve Dawson has been impersonating her for the past four years. Unraveling this deception will force Audrey and Eve’s secrets—and the complicated history of their friendship—to the surface.

1940. Eve and Audrey have been as different as two friends can be since the day they met at Wellingford Hall, where Eve’s mother served as a lady’s maid for Audrey’s mother. As young women, those differences become a polarizing force . . . until a greater threat—Nazi invasion—reunites them. With London facing relentless bombardment, Audrey and Eve join the fight as ambulance drivers, battling constant danger together. An American stationed in England brings dreams of a brighter future for Audrey, and the collapse of the class system gives Eve hope for a future with Audrey’s brother. But in the wake of devastating loss, both women must make life-altering decisions that will set in motion a web of lies and push them both to the breaking point long after the last bomb has fallen.

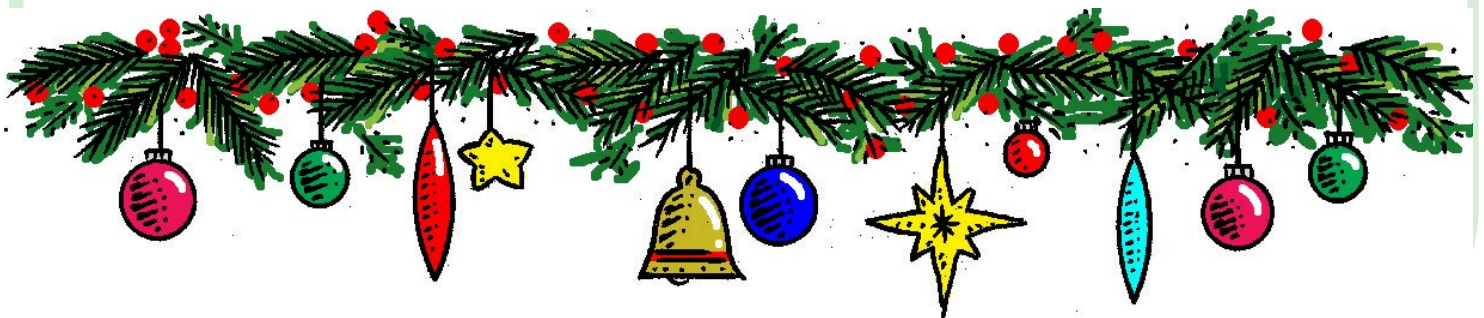
This sweeping story transports readers to one of the most challenging eras of history to explore the deep, abiding power of faith and friendship to overcome more than we ever thought possible. “

Date	Location	Book
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

December 2023 Sunday Service Roster

Thank you for serving!

	December 3 10:00 am	December 10 8:00 am	December 10 10:00 am Children's Program	December 17 10:00 am	December 31 10:00 am
Organist	Ellen Sander	LaDonna Osborn	Ellen Sander	LaDonna Osborn	Ellen Sander
Elders	Greg Gebhart	Wayne Hagemoser	Greg Gebhart	Wayne Hagemoser	Wayne Hagemoser
Lectors	Nancy Carper	Vickie Roach			Tom Peter
Acolytes	Dominic Saienga			Elias Buttery	
Ushers	Mark & Janelle Swenson, Vickie Roach, Drue Sander	Mark & Janelle Swenson, Vickie Roach, Drue Sander	Youth	Mark & Janelle Swenson, Vickie Roach, Drue Sander	Mark & Janelle Swenson, Vickie Roach, Drue Sander
Greeters	Jim & Sandy George, Tom & Beth Henriksen	Jim & Sandy George, Tom & Beth Henriksen	Youth	Jim & Sandy George, Tom & Beth Henriksen	Jim & Sandy George, Tom & Beth Henriksen
Valet Parker	Brent Peterson	Tom Peter		Cindy Baas	
Offering Counters	Len & Pat Thiede				
Altar Guild	Gretchen Zitterich	Gretchen Zitterich		Pat Thiede	Judy Peter
Power Point	Amy Carver	Sarah Fahrman	Breanna Wetzler	Amy Carver	Cindy Baas
Sound Board	Shaun Carver	Ben Fahrman	Cindy Baas	Shaun Carver	
Camera	Eric Phipps	X	Tom Baas	John Murphy	Tom Baas



December 2023 Special Service Roster

Thank you for serving!

	December 6 7:00 pm	December 13 7:00 pm	December 20 7:00 pm	December 24 5:00 pm Christmas Eve	December 24 7:00 pm Christmas Eve	December 25 10:00 am Christmas Day
Organist	LaDonna Osborn	LaDonna Osborn	LaDonna Osborn	LaDonna Osborn	LaDonna Osborn	Zach Heilman
Elders	Jake Vogel	Jake Vogel	Ron Coy	Keith Folkmann	Greg Gebhart	Jim George
Lectors	Jim George	Lynn Dreyer	Wayne Hagemoser	Michelle Vogel	Alberta Voge	Tom Baas
Acolytes						Sami Philips
Ushers	Tom & Cindy Baas, Glen & Nancy Carper	Lynn & Kim Dreyer, Ron Coy, Reiny Friedrich	Jim & Sandy George, Wayne & Marilyn Hagemoser	Tom & Judy Peter, Dave Osborn, Jake Vogel	Denny & Shirley Tice, Phil & Alberta Voge	Bob & Marilyn Walker, Ron Coy
Greeters	Karen Ross, Jerry Schradle	Denny & Shirley Tice, Mark & Janelle Swenson	Dean & Ardy Ulrichson, Phil & Alberta Voge	Gretchen Zitterich, Carol Folkmann	Paul & Adele Knop, Larry & Nancy Wiebel	Bud & Thelma Voetberg, Karen Griffin
Valet Parker	Cindy Baas	Jim George	Cindy Baas			
Offering Counters	Len & Pat Thiede	→				
Altar Guild				Judy Peter & Connie Buss	Judy Peter & Connie Buss	Karen Griffin
Power Point	Breanna Wetzler	Julie Coy	Sarah Fahrman	Julie Coy	Cindy Baas	Julie Coy
Sound Board	Tom Peter		Ben Fahrman	Tom Peter	Tom Baas	
Camera	John Murphy	Eric Phipps	Matt Carver	Matt Carver	X	Harry Mundt

Merry
CHRISTMAS

Preschool

The Christmas season is always a joyful time for little children. At St. Paul Lutheran Preschool the teachers get to partake in this exciting time with our 80 preschoolers as they discover and deepen their understanding of the delightful message of Christmas. The preschoolers have 3 Bible lessons that they unravel during the month of December:

Lesson #1 God Has a Plan for Salvation - Jesus is born. "For unto you is born...A Savior, who is Christ the Lord." Luke 2:11

Lesson #2 The Good News is Spread - The Angels' Announcement to the Shepherds. "Glory to God in the highest!" Luke 2:14

Lesson #3 God Leads Us to Worship - The Wise Men Find Jesus "The Lord has fulfilled His promise that He Made." 2 Chronicles 6:10

A highlight each year in December for the preschoolers and their families is to attend the Preschool Christmas Program, which is being held Sunday, December 10 at 4 pm. The program lasts about 30 minutes. This festive occasion includes adorable costumes, sweet singing, magical movements, and the heart-warming message of the birth of our Savior Jesus. Children in the Lamb, Bear, and Lion Classes will be in the Preschool Program. Church members, grandparents, families and friends are invited to come!

More special happenings this month for the preschoolers include: Kanga Kids with Silly Sally on December 7 and 8, Tuneful Journeys with Miss Wendy on December 14 and 15, Class Christmas Parties on December 18 and 19.

May the joys of Christmas fill your hearts as you focus on the best gift ever JESUS! Lori Jenks, Preschool Director

