

**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

### Letter from Your Pastor

Remember the Christmas hymn *Go Tell It On The Mountain*? This Christmas hymn reminds us how the lowly shepherds spread the message of the Holy Jesus, after they had the joy of being in Christ's presence at the manger in Bethlehem. *"And they returned [to their communities from Bethlehem], glorifying and praising God for all the things that they had heard and seen, as it had been told to them [by the angel]"* (Luke 2:20). Once the shepherds had witnessed Jesus, they went on their way and glorified God by going back to their villages and spreading the Word about the newborn Savior!

This is what Christmas is all about – God's gift of love and forgiveness in Jesus, which we are blessed to share with those around us! In the New Year, you will be given many new opportunities to share God's love. You likely don't yet know when these opportunities will occur or who you will be blessed to be able to touch, but God does!

God has people He will place in your day so that you can share Christ's love with them in a meaningful way. You can begin each day by asking, "Jesus, what

opportunities will you present to me today to share your love with the people whose paths I cross?" Will you keep your eyes and ears open for the opportunities that God is presenting to you to share Jesus' love with the world?

You may recall Jesus called His first disciples to follow Him to become "Fishers of Men." That same call comes to you today. You may be thinking, there's not much fishing I can be doing when it's winter (unless you're an ice fisher). However, even in winter, there is plenty of Gospel "fishing" to be done, as there are people all around us who do not know Jesus.

This month, we bring back a popular event on January 21: Fishermen's Sunday! Join us as we celebrate Christ's call to us all to be "Fishers of Men!"

In Jesus, who was born to bless all people,

Pastor Jenks



### Inside this issue:

A Note from Your Pastor	1	Women's Ministry	7-8
Worship Schedule/Board Of Directors/Elder Board News	2	Birthdays & Anniversaries	9
Griefshare/Remove Decorations	3	Service Roster	10
Wellness	4	Board of Directors Minutes	11-12
Evangelism/Education & Youth	5-8	Preschool	13
		American Heritage Girls	14

### 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, January 7***

*10:00 a.m. Worship with Holy Communion*

***Sunday, January 14***

*10:00 a.m. Worship Service*



***Sunday, January 21***

*10:00 a.m. Worship with Holy Communion*

***Sunday, January 28***

*10:00 a.m. Worship Service*

### **BOARD OF DIRECTORS**

The Board of Directors is seeking a Recording Secretary for the remainder of this fiscal year. The position is one that is not difficult, but requires the secretary to attend BOD meetings, any special meetings and collate the minutes from each board in preparation for the BOD.

This is a great opportunity to serve St Paul. This position is not limited to women, so men, you can do it too!

Please contact Lynn Dreyer or Cindy Baas if you are willing to help.

God's Blessings, Cindy Baas



**Recording Secretary**

### **Elder Board News**

The Elder Board had a lengthy discussion concerning the possibility of adding a Director of Christian Education/Family Life to our staff. Past congregational surveys and a recent adult Bible study suggest solid support for this position. The elder's opinions also are in support of pursuing an additional staff person. Pastor will work with Steve and Jim to submit the necessary paperwork to apply for an Intern prior to the February 1 deadline. Since we have been unsuccessful with several recent applications, there was additional discussion about the possibility of seeking an experienced DCE for the position.

There has been no response to the 21 'encouragement' letters that have been sent out to our inactive members. If there has been no communication by March 2024, a final 'inactive' letter would be sent at that time with action taken at the following Voters Meeting. This schedule will be finalized at our January meeting.



## GriefShare Group Begins It's Fourth Session January 22nd

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 what you've experienced. 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. Topics such as fear, anger, regrets, loneliness, and how grief affects your friendships and family are covered.

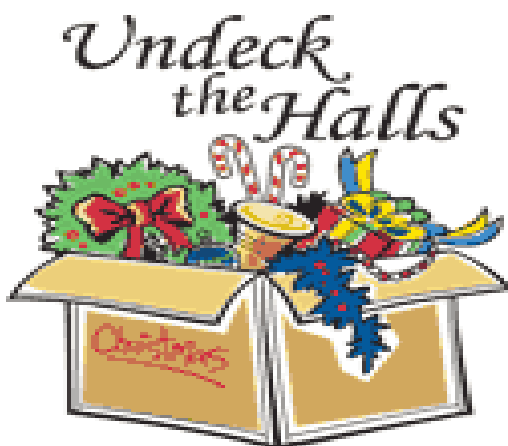
Each week you can expect to view a 30-minute video filled with helpful guidance, discuss grief related issues, and gain personal recovery tips through your workbook. We will begin meeting on MONDAY January 22nd from 1 pm-3pm in the basement conference room under the pastor's office.

Our leaders are Gretchen Zitterich, Carolyn McCall and Beth Henrickson will be our substitute. Please go to [Griefshare.org](http://Griefshare.org) to sign up, or call Gretchen at 515-201-7570. We welcome you to St. Paul's GriefShare group!



**IT DOESN'T SEEM THAT IT SHOULD BE TIME TO TAKE DOWN OUR GLORIOUS CHRISTMAS DECORATIONS.**

**WE NEED VOLUNTEERS TO HELP BOX UP ALL THE DECORATIONS AND STORE THEM AWAY TILL NEXT YEAR.**



**Epiphany is Saturday, January 6<sup>th</sup>, so we will be taking down all the decorations on Saturday, January 6th at 9:00 (or whenever you can help) until everything is done. There are a lot of decorations that need to be put away and stored in the old balcony closet.**

**Your help is greatly appreciated.**



## Physical Therapy

By Linda Goldsberry

I would like to share how helpful it is to go to physical therapy. A couple months back my doctor advised me to have a full knee replacement and to start with physical therapy to build up my leg muscle that surrounds my knee. Having it stronger for surgery would be a benefit.

I was surprised to find out that my bad leg was much weaker than my good leg and that my good leg was taking on all the work. My therapist told me this is a common thing our body does to help keep us moving. My therapist had me do simple, painless exercises with her guidance twice a week. Then she gave me a printout of exercises to do the rest of the week on my own. In four weeks, I was amazed at how strong my leg became.

Then, following surgery, I was scheduled for eight more weeks of physical therapy. I ended up being released after four weeks because my leg was strong, partly from prior physical therapy. Praise the Lord!

Needless to say, it made a big difference how my outcome from surgery progressed. I still have a good length of time (6 months to 1 year) to completely heal.

I am back at church, senior strong class in Huxley, and spending time with grandchildren.

Here is a list of benefits from doing physical therapy:

**Maximize your movement—**

Manage pain

Gain independence

**Regular physical activity—**

Benefit your physical, mental and social health

Care for your specific needs—

They work with you to develop strategies and help you achieve your goals for people of all ages

**Manage pain and avoid opioids—**

With help from physical therapy, you learn how to manage your pain

**Avoid Surgery--**

Research shows that physical therapy is as effective as surgery for some conditions, including:

Meniscal tears and knee osteoarthritis

Rotator cuff tears

Spinal stenosis

Degenerative disk disease

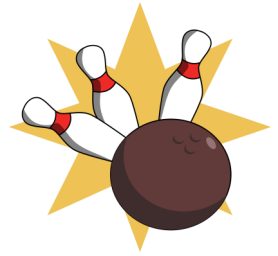
In some cases, surgery cannot be avoided. Physical therapy helps people prepare for and recover after surgery. Physical therapists are movement experts who improve the quality of life through hands-on care, patient education and prescribed movement.

Next time you have pain, check them out. If they cannot help you they will refer you to a surgeon.

## Evangelism

**Bowling!** Join your St. Paul friends for a fun afternoon at Perfect Games. Jan. 7, 3-5 pm. Fees and shoes provided and discount pizza will be available. **This is an Adult Only event. Please sign up on the bulletin board.**

The Board of Evangelism



## Education and Youth

### Let's Go Bowling!!



It's January and you know what that means- bowling at Perfect Games!

**LYF grades 3-8** will go **January 10 from 6-8p.** After midweek we will travel to Perfect Games. The board of youth will pay for shoes, bowling, pizza, pop and each person will get a \$10 arcade card. If youth want to play more games in the arcade once the card is out, they will need to bring extra money. Parents will need to pick up their youth at Perfect Games. Look for an email or flyer for RSVP and more information.

**The High School LYF** group will meet at Perfect Games on **Sunday, January 14 from 1-3p.** The Board of Youth will pay for shoes, bowling, appetizers, pop and each person will get a \$10 arcade card. If youth may want to bring extra money for arcade. Look for more info later.

### Silent Auction and Bingo

On January 20 the NYG Youth going to New Orleans will hold a silent auction along with Bingo Night. 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! Join us 5:30 to 7:30 for a FUN night!



## Education and Youth

### IDW Youth Gathering Highlights

In November we had 6 high school youth and 1 adult leader attend the IDW Youth Gathering in Des Moines. The theme was "Ready, Set, GO!" The weekend was based on Matthew 28:19-20. There were over 210 in attendance. Along with mass events, Bible studies, music and games, they participated in a service event by assembling birthday bags for low income elementary families. They decorated bags and filled them with party items and ingredients to make a cake. Our youth were excited to reconnect with old friends from Camp Okoboji and past gatherings and make a few new ones too.



## Education and Youth

### 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 soon.



### Helping Decorate

On December 9, a few of our youth helped decorate and prepare the church for Christmas as a way to be supportive and give back to the congregation.



On December 10th several of our youth played in an ensemble during the Children's Christmas Service which was written and directed by Inez Smith and the help of several teachers.

## Women's Ministry

### 2023–2025 Mission Grant 3 — \$100,000- Serving God's Children with Special Needs

We are all children of God, despite our differences, challenges, and life experiences. The mission of Journeys Lutheran School is to serve God's children age eight to 21 with special needs such as attention deficit disorder, learning disabilities, autism, anxiety, trauma, emotional behavior disorder, and obsessive-compulsive disorder. For 60 years the school, located in the Milwaukee area, has prepared students to maximize their spiritual, academic, physical, emotional, and social potential to become successful Christian members of society. Students are able to earn a high school diploma and participate in meaningful cultural, historical, and spiritual events. The enrollment in the high school program is growing. This grant will help purchase two vans to transport high school students enrolled in the School-to-Work Internship Program and students taking elective classes at nearby Martin Luther High School.



Graduation is BIG day for Journeys Lutheran students, just like kids at other schools. They are excited that one journey is ending and another is just beginning.

# 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).

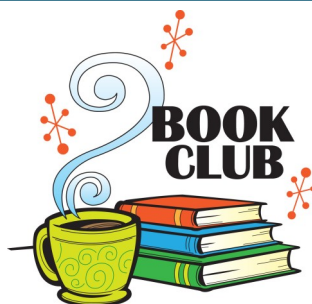
**FAMILY SERVICE** ~ Quilters will meet Jan. 11 from 10 to 2 pm and Jan. 25 from 10 to noon for Quilting. Our Family Service meeting will be Jan. 25 at 1:00 pm. Bring a sack lunch and join us for the fun!

Thank you to all who brought soup or sweets to the Advent meal in Dec. or who helped in any way. It was a big success and your help was very much appreciated!

If you missed it, FEAR NOT! The Lenten Soup and Pie will be upon us before we know it— Feb. 14!



## “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

# January 2024 Sunday Service Roster

*Thank you for serving!*

	January 7 10:00 am	January 14 10:00 am	January 21 10:00 am	January 28 10:00 am
Organist	Ellen Sander	Zach Heilman	Praise Team	Ellen Sander
Elders	Jake Vogel	Jake Vogel	Ron Coy	Ron Coy
Lectors	Marilyn Hagemoser	Wayne Hagemoser	Dawn Schulte	Tom Baas
Acolytes	Addison Thomas		Max Vogel	
Ushers	Glen & Nancy Carper, Wayne & Marilyn Hagemoser	Glen & Nancy Carper, Wayne & Marilyn Hagemoser	Glen & Nancy Carper, Wayne & Marilyn Hagemoser	Glen & Nancy Carper, Wayne & Marilyn Hagemoser
Greeters	Paul & Adele Knop, Tom & Judy Peter	Paul & Adele Knop, Tom & Judy Peter	Paul & Adele Knop, Tom & Judy Peter	Paul & Adele Knop, Tom & Judy Peter
Valet Parker	Cindy Baas	Kent Ziebell	Brent Peterson	Tom Peter
Offering Counters	Greg & Ella Gebhart →			
Altar Guild	Gretchen Zitterich	Gretchen Zitterich		
Power Point	Breanna Wetzler	Amy Carver	Julie Coy	Tate Esser
Sound Board	Tom Peter	Shaun Carver	Tom Peter	Angie Esser
Camera	Matt Carver	John Murphy	Eric Phipps	Tom Baas



## Preschool

Happy New Year from St. Paul Lutheran Preschool! May 2024 bless you with God's abundant blessings throughout this New Year.

As the preschool reflects on the past year, we can see God's mighty hand in every one of our activities in the preschool. God has provided so many willing members of the St. Paul congregation to be involved in supporting your church's preschool outreach ministry by being prayer partners, by helping at preschool events, by serving on the Preschool Board and by giving financial gifts through offerings or Thrivent Choice. Thank you for your generous spirit for making the preschool a thriving ministry! Through all of these generous acts God has helped each preschooler's faith grow through the power of the Holy Spirit. It is amazing to see each little child talk with excitement as they tell their families what they learned about Jesus each day!

"But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you." John 14:26

May 2024 bless you with abundant blessings from Jesus all throughout this New Year!

Preschool Director Lori Jenks



# AMERICAN HERITAGE GIRLS

## AHG Troop IA2016 December Recap

At the end of November, the American Heritage Girls packed a total of 143 shoeboxes for Operation Christmas Child as one of their service projects. Some of the girls from the troop also went caroling at the Northridge Village Senior Living Community on December 4, and had a lot of fun singing Christmas carols and visiting residents! The PiPa unit also went on a field trip on December 11 to 1+1 Restaurant and Tea as a part of their Cooking badge, where they learned from the owner and manager about what running a restaurant is like, how they got started, and some of their favorite things about the job. Shortly after, they also had their winter ceremony, where girls were awarded with badges, patches and service stars among other things to celebrate their accomplishment all throughout the year!

