

FEBRUARY 2024

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

Lenten Services Begin Ash Wednesday, February 14

This month we again begin the season of Lent. Services of reflection will be held each Wednesday at 7:00 p.m., beginning on Ash Wednesday, which this year falls on February 14, Valentine's Day.

When we think of Valentine's Day, we think of LOVE. When we think of Lent, we can also think of LOVE. Remember what God tells us about His great love for us? "This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins" (1 John 4:9-10).

When we think of the sacrifice made by Jesus Christ on the cross for us, we see the greatest LOVE ever witnessed. Join us for Lenten evening services as we reflect on, and thank God for, His tremendous LOVE for us in Jesus.

Our Ash Wednesday service will include the imposition of ashes and the celebration of the Lord's Supper, and will run about an hour. Other weeks in Lent our devotional service will be around 45 minutes or so. Come worship with us this Lent as we remember Christ's suffering and sacrifice to bring us God's LOVE and forgiveness. Let us look to the cross and see Jesus, who paid our sins' cost because He loves us so much!

Your pastor and worship leader,
Pastor Jenks



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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, February 4

10:00 a.m. Worship with Holy Communion

Sunday, February 11

10:00 a.m. Worship Service

Wednesday, February 14

Ash Wednesday

7:00 p.m. Worship with Holy Communion

Sunday, February 18

10:00 a.m. Worship with Holy Communion



February
Worship
Schedule

Wednesday, February 21 *Lent II*

7:00 p.m. Worship Service

Sunday, February 25

Youth Sunday

10:00 a.m. Worship Service

Wednesday, February 28 *Lent III*

7:00 p.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

Board of Directors Update **January 2024**

The January Kingdom Workers was cancelled due to inclement weather and since the Board of Directors were scheduled to meet the same night as the Iowa Caucuses this meeting was also canceled.

There was one agenda item that was handled through a vote by the Board of Directors via email. It was noted that the following is required by the IRS, supported by the district, and does not change Pastors compensation in any way. This needs to be approved and documented for tax purposes.

A motion was made by Lynn Dreyer and second by Tom Baas that of the total cash compensation for Pastor Todd Jenks for the calendar year of 2024, \$39,000 is hereby designated as housing allowance. And, be it further resolved that as long as Pastor Todd Jenks is employed at St. Paul Lutheran Church, the designated annual housing allowance of \$39,000 per year shall apply to all future years until modified by the Board.

Motion was approved.

Elder Board News

The Board approved requesting a DCE Intern from Concordia University. Pastor has submitted the application for a DCE Intern. We should know by April whether a DCE Intern will be available.

GriefShare Group Begins It's Fourth Session February 26th

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 February 26th from 1 pm-3pm in the basement conference room under the pastor's office.

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





Make Heart Health Part of Your Self-Care Routine

By Connie Buss

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

"Studies show self-care routines, such as taking a daily walk and keeping doctor's appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke," said David Goff, M.D., NHLBI's director of cardiovascular sciences.

It may be easier than you think to "put your heart" into your daily routine. Each Sunday, look at your week's schedule and carve out 30 minutes daily for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it's online or via a phone call, to help you stick to your goals.

Here are few self-care tips to try every day to make your heart a priority:

Self-Care Sunday: Find a moment of serenity every Sunday. Spend some quality time on yourself.

Mindful Monday: Be mindful about your health and regularly monitor your weight, blood pressure or blood sugar if needed. Being aware of your health status is a key to making positive change.

Tasty Tuesday: Choose how you want to approach eating healthier. Start small by pepping up your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension ([DASH](#)) eating plan, which is scientifically proven to lower blood pressure.

Wellness Wednesday: Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea, or lightheadedness. You might be having a stroke if you have numbness in the face, arm, or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

Treat Yourself Thursday: Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show. Laughter is healthy. Whatever you do, find a way to spend some quality time on yourself.

Follow Friday: Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the *Journal of the American Heart Association*. If your mental health gets between you and your fabulous self, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.

Selfie Saturday: Inspire others to take care of their own hearts. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.

Learn more in this [Self-Care Tips for Heart Health fact sheet](#) and visit www.hearttruth.gov to learn more about heart health.

Reprinted with permission from the National Heart, Lung and Blood Institute.

Evangelism



March 6th —Chili Cookoff & Lenten Meal

Time to share your great chili, Make a crock pot to share with Lent supper quests.

The best will be chosen by cash votes. The cash will be donated to Camp Okoboji.

Join in the fun and bake your best cinnamon rolls. Chili and cinnamon rolls make the best meal.

The best cinnamon rolls will be judged by 2 expert bakers.

First and second prizes will be awarded for both chili and "Best Baker".

Gift cards will be the prizes

Join in the fun with cooking and enjoying the great unique chili supper.

Lenten Meals

February 14 Soup and Pie Women of St. Paul

February 21

February 28

March 6 Chili Cook Off Evangelism

*If your group would like to serve a Lenten meal, please contact Karen Griffin. This is a great way to raise money for your group or cause.

Education and Youth



TEAM SUNDAY IS FEBRUARY 11TH

Everyone is encouraged to support their Favorite Team by wearing their Favorite Team clothing attire to church service on February 11th.

We are ALL on God's Team, even though we may support different sports Teams!

SUPER



SUB

SUB SANDWICH SUNDAY!

Need a snack before the big game? We have the solution!

Sub sandwiches to order along with sweet treats. The youth start taking pre-orders Sunday January 21st and will continue to take orders until Sunday, February 4th.

THANK YOU FOR YOUR SUPPORT!

Education and Youth



LYF Bowling Highlights

On January 10 we had 16 youth in grades 3-8 enjoy a night of pizza, bowling and arcade activities at Perfect Games. The youth had lots of gutter balls, laughter and overall fun "competition".

Register NOW for Summer Camp at Camp Okoboji! Early bird registration is February 1-April 1.

Register now for camp during Early bird registration. No payment needed at time of registration, just complete the forms!

Summer youth camp schedules are:

Kid's Camp: grades K-2nd grade with an adult: May 31-June 2. Cost: \$140 adult, \$90 child.

Cub Week 1: grades 3-5. June 23-27. Cost \$310 (shorter week)

Jr High Week: grades 6-8. July 7-13. Cost \$375

Cub Week 2: grades 3-5. July 14-20. Cost \$375

Youth Week: grades 9-12. July 21-27. Cost \$375

For more information about Camp go to campokoboji.org.

The Board of Youth has funds available to help assist families with registration fees. Forms and information will be available soon. For questions or more information contact Carla Murphy.



Education and Youth

Join us for Youth Sunday February 25.

“Stand up, even if you stand out!” Will be the theme of the day based on Romans 12:2. *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”*

This special Sunday is the day that youth in grades 3-12 are the leaders of the whole service. They greet, serve as ushers, read, participate in the music ensemble, give the children’s message and deliver the main message. We hope members will plan to attend or watch online.

Note to youth in grades 3-12: We will have **practices on February 17 & 24**. We will send out emails with times and more information.



All members are invited to sign up to go to Winter Jam on February 2

Winter Jam is a night full of Christian music. The event is on Friday, February 2 at Wells Fargo in Des Moines. Cost is \$15 admission (general seating). If enough people are interested, we will try to set up a carpool. Doors open and pre-Jam starts at 6pm with main concerts starting at 7pm. Sign up on the bulletin board by the event poster.

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.



**Journeys Lutheran School,
Milwaukee, WI**

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.

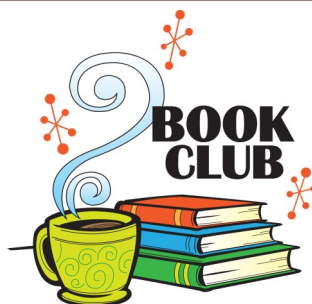
Place your Mites in the large Mite Box in the narthex. For more information about LWML go to www.lwml.org.

FAMILY SERVICE ~ Quilters will meet Feb. 8 from 10 to 2 pm and Feb. 22 from 10 to noon for Quilting. Our Family Service meeting will be Feb. 22 at 1:00 pm. Bring a sack lunch and join us for the fun!

Come and join us for our famous Soup and Pie supper on Feb. 14 (Ash Wednesday). What is that soup you make that everyone asks for the recipe? Do you have a pie that people rave about? Please make them and share them with us all on 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.

At our March 14th Books to Know meeting we will be *discussing **The Wish Book Christmas** by Lynn Austin*. In January, our group enjoyed reading and discussing *If I Were You* by Lynn Austin. Lynn Austin has written a sequel with some of the same characters called *The Wish Book Christmas*. Our Books to Know group decided to read *The Wish Book for Christmas* instead of *Ben Hur* for our March meeting. We will **not** be reading *Ben Hur* this year.

Hope to see you all in March to discuss *The Wish Book Christmas* by Lynn Austin.

Your sister in Christ,
Connie

Date	Location	Book
March 14, 2024, 2:15 pm	St. Paul Fellowship Hall	<i>The Wish Book Christmas</i> by Lynn Austin
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

February 2024 Sunday Service Roster

Thank you for serving!

	February 4 10:00 am	February 11 10:00 am	February 14 7:00 pm Ash Wednesday	February 18 10:00 am	February 21 7:00 pm Lent II	February 25 10:00 am Youth Sunday	February 28 7:00 pm Lent III
Organist	Ellen Sander	Ellen Sander	Ellen Sander	Praise Team	Ellen Sander	Ellen Sander	Ellen Sander
Elders	David Schultz	David Schultz	Steve Johnson	Jake Vogel	Wayne Hagemoser	Jake Vogel	Jim George
Lectors	Gretchen Zitterich	Marlene Johnson	Larry Wiebel	Steve Johnson	Matt Wiess	Youth	Alberta Voge
Acolytes	Drew Boyko		Aleaya Phipps	Dominic Saienga			
Ushers	Steve & Marlene Johnson, Harry & Pam Mundt	Steve & Marlene Johnson, Harry & Pam Mundt	Phil & Alberta Voge, Larry Wiebel, Ron Coy	Steve & Marlene Johnson, Harry & Pam Mundt	Matt Wiess, Jake Vogel, Drue Sander, Jerry Schradle	Youth	Wayne & Marilyn Hagemoser, Steve & Marlene Johnson
Greeters	Shorty & Claudia Riese, Larry & Nancy Wiebel	Shorty & Claudia Riese, Larry & Nancy Wiebel	Tom & Cindy Baas, Glen & Nancy Carper	Shorty & Claudia Riese, Larry & Nancy Wiebel	Katie Friedrich, Karen Griffin	Youth	Tom & Beth Henriksen, Phil & Alberta Voge
Valet Parker	Jim George	Kent Ziebell		Kent Ziebell		Brent Peterson	
Offering Counters		→					
Altar Guild							
Power Point	Sarah Fahrman	Breanna Wetzler		Julie Coy		Cindy Baas	
Sound Board	Ben Fahrman	Shaun Carver		Glenn Crosswait		Tom Baas	
Camera	Harry Mundt	Matt Carver		Eric Phipps		John Murphy	



Preschool

St. Paul Lutheran Preschool February 2024 News

Dear friends, let us love one another, because love comes from God. – 1 John 4:7

Love is truly one of the greatest gifts that God has given us. Love, through the Holy Spirit, can help us believe in the salvation of Jesus, hope in heaven, trust in all that God is going to do, and forgive others so we can move on with our lives and move closer to God. God's love can make the impossible possible. Spend some time as a family, thanking God for His love, and ask Him to show you how to make love the center of your life and your family. May you love Him with everything in you!

Everyone loves Valentine's Day! The preschool's Valentine's Parties will be held in each classroom on February 12th or 13th. Teachers will be giving out the names of the preschoolers in each classroom and your child may give a valentine to each of their friends.

Current families at St. Paul Lutheran Preschool may enroll their children for the 24-25 school starting on February 15th. To enroll your child or their siblings please go to the website www.saintpaulames.org/preschool and click on the 24-25 registration site. To register please fill out the form. After you register an invoice will be sent to you to pre-pay September's tuition and the registration fee. If you are unable to pay at this time please email or speak to Lori Jenks to set up a time when you are able to pay. Since you are a current member of the preschool you have the first opportunity to register your child. Starting on March 1st families in the community may enroll their children.

