

# MAY 2024

**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

### Note from Pastor -- Confirmation Sunday

May 5 will be Confirmation Sunday here at St. Paul. This is a day of great importance in the lives of our young people who will be confirmed. It is also a very special day for their families, and for our full St. Paul Lutheran Church family.

Due to increased attendance on Confirmation Sunday as family members of the confirmands attend, we will have two worship services on May 5, at 8:00 a.m. and at 10:00 a.m. The Rite of Confirmation will be held during the 10:00 service.

Jesus said: *"Whoever acknowledges me before men, I will also acknowledge him before my Father in heaven"* (in Matthew 10:32). Confirmation Sunday is a very special occasion when our confirmands will publicly acknowledge their faith in Jesus. Through their personal faith statements, the youth being confirmed will each explain the role of Jesus Christ in their lives.

This year we have five youth who will publicly confirm their faith in Jesus Christ, pledging to be true to Him even unto death: Elias Buttery, Samuel Fritz, Sami Phillips, Addison Thomas and Max Vogel. Please pray for our five youth as

they are confirmed and as they publicly acknowledge Jesus.

I also encourage you to join us in the fellowship hall during our fellowship and refreshment reception (9:00 a.m.) to share your personal words of encouragement with our confirmands.

In Jesus, who defeated sin & death for us and is always with us,

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, May 5

8:00 a.m. Worship with Holy Communion

10:00 a.m. Worship with Holy Communion & Rite of Confirmation

## Sunday, May 12

10:00 a.m. Worship Service



## Sunday, May 19

10:00 a.m. Worship with Holy Communion

## Sunday, May 26

10:00 a.m. Worship Service

### Elder Board News

The Elder Board discussed the procedure for communion distribution. We will try a new practice with ushers only at the front (the "gates"). Worshippers will line up on their own as the pew in front empties and the ushers will allow the correct number to the communion rail at the appropriate time.

Pastor Jenks was informed that we will not receive a DCE intern. Since this is the third unsuccessful application for an intern, the Elders will now consider calling a full-time Director of Christian Education. A DCE benefits our youth and young families but will require a financial commitment from the church as well as approval at the Voters Meeting.



Thank you seems so little to say for all the prayers, messages, calls, cards, visits to the hospital and at home, and the incredible offers of help. Each and every one is deeply appreciated and we feel so incredibly blessed to have such a wonderful church family! A special thank you to Pastor Jenks for his prayers, calls and visits to the hospital. Thank you so very much!

Keith and Carol Folkmann



## Break a leg! (please, no!)

By Connie Buss

May is Osteoporosis Awareness and Prevention Month. A common bone disease where the body loses too much bone, makes too little bone or both, osteoporosis affects about 54 million Americans. One in two women and up to one in four men aged 50 or more will break a bone during their lifetime from this disease. The bones may become weak and break from a fall, or in severe cases, from sneezing or a little bump. What seems like a little broken bone, could land someone in a wheelchair, in a lot of pain, for the rest of their life.

Who is at risk? Some factors are uncontrollable, like sex, age, race/ethnicity, and family history. Our diet, exercise, smoking and alcohol intake also impact bone health. Some people are on medications that can cause bone loss, especially if taken over a long period of time, such as steroids. If that is you, talk to your physician about your bone health.

Did you know that you can put calcium into your bones until mid 20's and then we can lose calcium from our bones without adequate calcium intake? So, what about our children? Are they consuming calcium rich foods daily? How much do kids need? It varies with age, but the littlest (1-3 yrs.) may need 700 mg/d, with 1000 mg for children until about age 8 or 9. Then their calcium needs increase to 1300 mg/d, as their bodies strengthen their bones for their lifetime. Adults need about 1000 mg/d, with women over 50 need 1200 mg/d. After age 70, 1300 mg/d is best for men and women both.

How much calcium are you getting? Dairy sources are the best absorbed sources of calcium, with 8 oz milk about 300 mg, 1.5 oz cheese 300 mg, 6 oz yogurt 250 mg, ½ cup cottage cheese 100 mg. ½ tofu (firm, made with calcium sulfate) 138mg, 1 cup raw kale 24 mg, ½ cup raw broccoli 21mg, 1 cup cooked turnip greens/kale and other dark leafy greens vary from 50-100 mg. When reading labels, % calcium is listed. If you ignore the % and put mg on that number, you have how much is in that product. (please note, this is the only nutrient that you can flip the % for mg!)

Vitamin D is essential to the proper absorption of calcium. Sunshine is a great source; however, the important use of sunscreen reduces the ability to absorb it. Most milk is fortified with Vitamin D. 400-600 mg/d is the average requirement, but many adults take more, on the advice of their physician.

What about calcium supplements? The body cannot absorb more than about 500 mg at a time, so spacing your calcium through the day is best. Most calcium supplements should be taken with food for best absorption. Be aware of the potential side effects: reflux, gas, and constipation. (Calcium citrate version does not need to be taken with food and may have fewer side effects but takes more pills to get the desired dose.)

Weight bearing exercises are essential with a goal of at least 30 min/day, like walking or biking. Swimming and water exercises are great for health but are not helpful to bone health.

If you already have osteoporosis, avoid activities that require head-forward movements, twisting of the spine to the point of strain, twisting of the trunk and bending forward, like coughing, sneezing, vacuuming, or lifting.

About 1/3 of those over age 65 will fall. Prevent broken bones by preventing falls with balance exercises, use of grab bars, avoid throw rugs, cluttered floors, etc.

Smoking increases bone loss, as well as does drinking large amounts of alcohol.

Bone mineral density test is the only way to diagnose osteoporosis. There are many treatments for osteoporosis. Treatments work the best if combined with adequate calcium, Vitamin D and exercise. Prevention is best!

"For we are members of His body, of His flesh and of His bones." Ephesians 5:30



# Education and Youth

## Pizza and Painting Highlights

LYF for grades 3-8 wrapped up events for the school year on April 10. Youth enjoyed pizza and then painted flower pots, pet rocks and planted flowers in the pots to take home or to give to someone special. When asked who they'd give it to, one youth said she was going to spread sunshine by giving it to her teacher, another said to a grandma and another to a parent. (Additional pictures on next page.)



## Board of Education Needs Members

Do you care about the Christian Education that our children receive? We need a few more members on the Board of Education. We meet during Kingdom Workers on the first Monday of each month, but if you can't make all the meetings that is ok. If you would like to know more, contact Nancy Carper at 641-210-9298.



# Education and Youth



**PLEASE NOTE:** there are no LYF activities in the summer. We will resume in the fall. In the meantime, if any youth has an idea of activities they'd like us to try to do next year, please contact any member of the Youth Board or put a note in the Youth Board mailbox. Have a blessed summer everyone!

## Be a volunteer and get school credit!



WAYS  TO SERVE



If you are a high school student and are looking for volunteer hours for a silver cord or honors program, here are two options available:

1. Volunteer for spring clean up day at Camp Okoboji May 4- 6. You can help one day or all 3. See the bulletin board in the Narthex.
2. Volunteer to help with VBS. You can help set up/decorate, be a group helper, help with crafts, bible stories, registration or choose from other opportunities. Look for emails or sign up sheets out soon, or contact Mindy Buckley.

## Register for Summer Camp at Camp Okoboji! It's NOT too late!

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](http://campokoboji.org). If you need financial assistance, or have questions, contact Carla Murphy.





## Education and Youth

Confirmation will be Sunday, May 5th at the 10 o'clock service. A reception honoring the confirmands will be at 9 o'clock in the Fellowship Hall, before Bible Study. The Confirmands are: Elias Buttery, Samuel Fritz, Sami Phillips, Addison Thomas, and Max Vogel.



Please help us congratulate and honor the High School Graduates at St. Paul on Sunday, May 19. A reception will be held in the Fellowship Hall at 9 o'clock to recognize them. Baskets will be available for graduation cards.

During the 10 o'clock church service, seniors receiving beautiful, handmade quilts made by members of our congregation are: Shaun Carver, Tate Esser, Isaac

Fangmann, Ella Gebhart, Kylie Taylor, Emersyn Ploessl  
Other seniors to recognize are Taylor Puck and Tyler Olson.

# Vacation BIBLE SCHOOL

**Mark your calendars!!** Vacation Bible School will be held July 28 –31 (Sunday-Wednesday) from 5:15 – 8:15, with a light supper. Those willing to volunteer their time to help, please contact Mindy Buckley or the office at St. Paul.

# Women's Ministry



**Biennial Convention will be  
June 13,14,15, 2024  
at Camp Okoboji**

The registration form and other information was sent out by email. If you have questions, please contact LaDonna Osborn, Vickie Roach or Julie Coy.

## **Mission Grant #5—Serving Those Affected by Natural Disasters \$50,000**

The Disaster Response Team at Trinity Lutheran Church in Tyler, Texas, was established in 2017. They have approximately forty men and women from Trinity Lutheran Church on their team. Members of other LCMS congregations from the Texas District and other districts come and join them as they set up base camps to respond to natural disasters. They participate in the LCMS training, Lutheran Early Response Training (LERT). Natural disasters (hurricanes, tornados, floods, wildfires, and earthquakes) occur without warning. People are often unaware and ill prepared to respond to the disaster in a timely fashion. Natural disasters cause loss of lives, damage to property, roads, bridges, buildings, and powerlines. There is a lack of food and water. All these conditions can cause injuries and affect the health of those impacted by the disaster. In order to respond to a natural disaster, it is important to have equipment and trailers to haul the equipment. It is important to maintain the tools and equipment as well as purchase new updated equipment. When the team responds, some members stay for the duration and others rotate out on a weekly basis. The team equipment is also used by response teams from other areas as they work together to help the suffering community.



Removing tree from damaged house

They share Jesus' love, compassion, and concern. Victims hear the Words of Jesus that bring hope, healing, and comfort during their time of despair. In this time of suffering, they are directed to Christ. This mission grant will help maintain current equipment and purchase needed equipment to help the team as they respond to natural disasters and bring comfort, peace, and healing to the troubled hearts of victims of natural disasters.

# Women's Ministry

**LWML Mite Update: NEW MISSION GOAL**

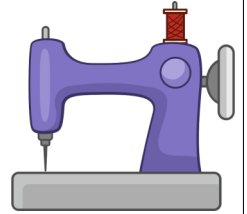
**2023-2025 National Mission goal:  
\$2,350,000.00**



We normally collect mites for missions on the 1st Sunday of each month.

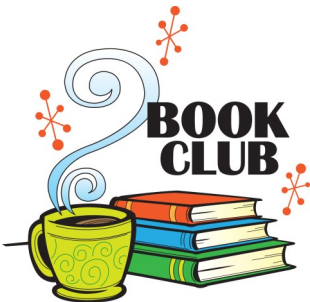
Place your Mites in the large Mite Box in the narthex. For more information about LWML go to [www.lwml.org](http://www.lwml.org).

**FAMILY SERVICE** ~ Quilters will meet May 9 from 10 to 2 pm for Quilting. Bring a sack lunch and join us for the fun! Our Family Service Spring Luncheon will be May 23 at noon.



**All Women of the congregation are invited to the Family Service Spring Luncheon May 23 at noon.** We will have lots of good food and conversation. We just need to know how many to plan for, so please let Marlene Johnson know if you would like to attend.

**“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 May meeting we will find out which books were chosen for the next year. Come and join us!**

Our next book, for May 9 will be “The Witness Wore Red: The 19th Wife Who Brought Polygamous Cult Leaders to Justice“ Barnes & Nobel says: Rebecca Musser grew up in fear, concealing her family's polygamous lifestyle from the "dangerous" outside world. Covered head-to-toe in strict, modest clothing, she received a rigorous education at Alta Academy, the Fundamentalist Church of Jesus Christ of Latter Day Saints' school headed by Warren Jeffs. Always seeking to be an obedient Priesthood girl, in her teens she became the nineteenth wife of her people's prophet: 85-year-old Rulon Jeffs, Warren's father. Finally sickened by the abuse she suffered and saw around her, she pulled off a daring escape and sought to build a new life and family.

The church, however, had a way of pulling her back in-and by 2007, Rebecca had no choice but to take the witness stand against the new prophet of the FLDS in order to protect her little sisters and other young girls from being forced to marry at shockingly young ages. The following year, Rebecca and the rest of the world watched as a team of Texas Rangers raided the Yearning for Zion Ranch, a stronghold of the FLDS. Rebecca's subsequent testimony would reveal the horrific secrets taking place behind closed doors of the temple, sending their leaders to prison for years, and Warren Jeffs for life.

*The Witness Wore Red* is a gripping account of one woman's struggle to escape the perverse embrace of religious fanaticism and sexual slavery, and a courageous story of hope and transformation.

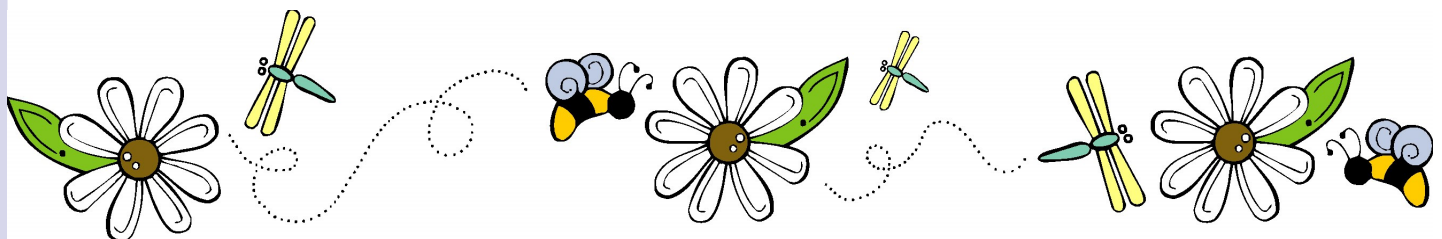
Date	Location	Book
May 9, 2024, 7 pm	Northcrest Fireside Room	“The Witness Wore Red: The 19th Wife Who Brought Polygamous Cult Leaders to Justice” by Rebecca Musser



# *May 2024 Sunday Service Roster*

*Thank you for serving!*

	<b>May 5 8:00 am</b>	<b>May 5 10:00 am - Rite of Confirmation</b>	<b>May 12 10:00 am</b>	<b>May 19 10:00 am</b>	<b>May 26 10:00 am</b>
Organist	LaDonna Osborn	LaDonna Osborn	LaDonna Osborn	Praise Team	Ellen Sander
Elders	David Schultz	Bob Walker	David Schultz	Bob Walker	Bob Walker
Lectors	Vickie Roach	Brenda Dryer	Dawn Schulte	Gretchen Zitterich	Judy Peter
Acolytes	Aleaya Phipps	Dominic Saienga		Samuel Fritz	
Ushers	Tom & Judy Peter, Vickie Roach, Mike West	Greg Gebhart, Drue Sander, Steve & Marlene Johnson	Tom & Judy Peter, Vickie Roach, Mike West	Tom & Judy Peter, Vickie Roach, Mike West	Tom & Judy Peter, Vickie Roach, Mike West
Greeters	Karen Ross, Jim & Sandy George	Karen Ross, Jim & Sandy George	Karen Ross, Jim & Sandy George	Karen Ross, Jim & Sandy George	Karen Ross, Jim & Sandy George
Valet Parker	Brent Peterson	Brent Peterson	Tom Baas	Tom Peter	Jim George
Offering Counters		Matt & Sandra Pflug	Matt & Sandra Pflug		
Altar Guild	Judy Peter	Judy Peter	Becky Juelfs	Pat Thiede	Jan Ziebell
Power Point	Sarah Fahrman	Julie Coy	Cindy Baas	Julie Coy	Breanna Wetzler
Sound Board	Ben Fahrman	Shaun Carver	Tom Baas	Glenn Crosswait	Glenn Crosswait
Camera		Matt Carver	John Murphy	Harry Mundt	Tom Baas



# AMERICAN HERITAGE GIRLS

## AHG Troop IA2016 March/April Recap

In the past two months, the American Heritage Girls have been busy working on badges, doing service projects, and even going outside more—especially as the weather warms up! On March 4th, the Tenderhearts worked on decorating some themed cakes as a part of their Cake Decorating badge. The Tenderhearts also attended the Architecture badge workshop on March 23, where they took an architecture walk, discussed architectural features, and made streetscapes and even built cardboard forts. The Explorers had an international cooking day at the meeting on March 25, and made Thai fried rice and Brazilian coconut balls. They enjoyed tasting their creations afterward, too. On April 8th, the Pioneers and Patriots took a field trip to Country Landscapes to select some plants for their garden project as a part of their Horticulture badge. They learned about creating visual interest in gardens, differences in foliage, and got to talk to a nursery manager about her job working with plants and landscaping.



Two Tenderhearts work on decorating a cake!



The Tenderhearts with their streetscapes.



The Explorers make fried rice and coconut balls.



The PiPa trip to Country Landscapes!



# St. Paul Lutheran Preschool Celebrates 20 Years of Ministry at St. Paul Lutheran Church!



*Lord, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago. Isaiah 25:1 NIV*

St. Paul Lutheran Preschool is celebrating 20 years of ministry. That's right, we have now had 20 years of sharing the good news of Jesus with the Lord's little lambs and their families!

# 20 Years!

These 20 years of blessings could not have happened without the people of St. Paul committing to the spreading of the Gospel. It is your prayers, your support, and your desire to see kids know the Lord that has made this happen.. We want to extend our special thanks to all the St. Paul members who have:



- supported the preschool through the church budget, special offerings and Thrivent gifts
- prayed for the preschool, or been prayer partners for a preschool student & their family
- served on the preschool board
- helped with preschool projects (special thanks to trustees!)

What a tremendous blessing to see Jesus Christ change lives through this Christ-centered ministry to kids and families! May God continue to bless us as we get the good news of Jesus out into our community!

