

JUNE 2025

ST. PAUL LUTHERAN CHURCH
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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
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LORI JENKS, PRESCHOOL DIRECTOR
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A Note from Your Pastor

Friends in Christ,

Summertime is here! Celebrate and give God thanks for the arrival of summer weather, summer travel and summer activities. Many of you know one of my favorite summer activities is watching new movies released in the summer. Did you know summer movies are often called “popcorn movies” because critics consider summer films to be light fluff people watch purely for entertainment, rather than for momentous messages? You may or may not agree with critics that this summer’s new movies are mere entertainment with no deep merit. On tap this summer are films like the just-released live action *Lilo & Stitch* and the (supposedly) very last *Mission Impossible – The Final Reckoning*; in addition, still coming are: the John Wick spinoff *Ballerina*, the live action *How to Train Your Dragon*, a new version of *Superman*, the nostalgic *Smurfs*, the Formula 1 film simply known as *F1: The Movie*, the Marvel reboot *The Fantastic Four: First Steps*, and yet another trip to that intriguing island conquered by dinosaurs in *Jurassic World: Rebirth*.

Whether or not you feel these films are merely fluff, I think we can all agree there are indeed some things in life that truly are pure fluff. In fact, the Scriptures tell us that the world will try to turn us from Jesus, so we should be cau-

tious. In 1 John 2:15 God states, “Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him.” God’s Word says, “Set your minds on things that are above, not on things that are on earth” (Colossians 3:2).

Does this mean that you can’t enjoy some popcorn at a “popcorn movie” this summer? Or does it instead mean that we need the Lord’s wisdom and discernment in the things that we do in our lives? I’d suggest the latter, as does Scripture. Romans 12:2 tells you, “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

May God bless us as we enjoy this glorious season of summer and as we seek ways to bring glory to Jesus in how we use the time He gives us.

Pastor Jenks



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Our Mission is:

- To Know Jesus Christ as Savior & Lord,
- To Grow in faith through His Sacraments & Word, &
- To Go share His Gospel with love in our community & world.

Worship Services at St. Paul Lutheran Church

Sunday, June 1

10:00 a.m. Worship with Holy Communion

Sunday, June 8

10:00 a.m. Worship Service

Sunday, June 15

10:00 a.m. Worship with Holy Communion



Worship
Schedule

Sunday, June 22

10:00 a.m. Worship Service

Sunday, June 29

10:00 a.m. Worship with Holy Communion



Evangelism

Many of the support organizations that help individuals and families that are struggling with food insecurity have lost funding recently. Dee will contact Food at First to determine if our church could help with volunteers. Also, several of the food banks are struggling. The Evangelism Board, on behalf of St. Paul, approved \$400 donations to Bethesda, MICA and Food at First food banks from the Special Outreach fund.

Dee Malfero and Lindsay Roach will schedule 4 days in the next several months that members can have their photos taken at church for our next directory. This will be an alternative to the pictorial member directory now in use. The interactive directory would be on an app, not on the internet, and available on cell phones, computers and as a hard copy, similar to the current directory.



Wellness Team

Our Wellness Team has put together a “Movement Challenge” for our congregation. We all know that Americans lead too much of a sedentary life, so let's get moving. Please sign up on the sign-up sheet. (This is just so we know how many are participating.) Use the sheet provided here or in the announcement page to set some goals and track your progress. We will collect the activity sheets after the challenge and have a drawing for prizes.

Movement Challenge Activity Sheet

June 1-28 (Place sheet in basket before July 10.)

Name _____	completed
Week 1 Goal _____	<input type="text"/>
Week 2 Goal _____	<input type="text"/>
Week 3 Goal _____	<input type="text"/>
Week 4 Goal _____	<input type="text"/>



(Try to increase your goal each week. See ideas below.)

Please tell us about your results. Do you feel better? Do you feel stronger? Is moving easier than before the challenge?

May we use your comments in the newsletter? _____ May we use your name? _____

Movement Challenge Ideas

Everyone can participate in some way. Sign up on the bulletin board then fill out the back side of this sheet as you go. Each person is on their honor as to if they reached their goals.

Start a walking program - maybe with a friend, or prayer walking

If you already walk or exercise regularly, try adding something new

Families— designate some time for outdoor games together

Walk around your house or apartment during commercials

Do stand/sits during commercials (rise from chair and sit down)

Use a stress ball to increase your grip (maybe 5-10 squeezes during a commercial)

Arm exercises while watching TV - can use soup cans or water bottles for weights

Practice balance - stand on one foot - keep the counter or a chair nearby

Stretching/Yoga - Do some basic stretches before bed or upon waking up

Exercises with resistance bands - very inexpensive way to build strength

A drawing for prizes will be held at the completion of the challenge. (Projected date of July 13.)

GriefShare

NEWS FROM ST. PAUL'S GRIEF SHARE MINISTRY

Our sixth cycle of the grief support recovery group has come to a close. We met every week from February 3rd through April 28th. Six women and 2 men faced their pain and fear in the midst of recovery by completing the course. A celebration lunch was held at a restaurant on May 5th, with laughter and fond memories shared. Carolyn McCall and Gretchen Zitterich were leaders this session with substitute assistance from Beth Henriksen and Pat Thiede. Our next cycle will begin again on August 25 for 13 weeks. Watch for a summer reunion of 6 classes in August, date TBD.

Some written feedback from our group:

"Each lesson was good for me, things or behaviors to watch out for, isolation, "getting stuck" in grief, how to live on and through the pain."

"The various interviews, conversations, and the sharing of people's various experiences in the DVDs and how they navigated through it was very helpful to me."

"GriefShare has had an impact on my life. Emphasis on knowing I am not alone and that there are options and different ways to handle and survive grief...and God is always with me."

"The leaders were very caring, empathetic, personable." "They did Great!"

"I appreciated the open and honest discussion, questions. Loved the biblical Christian focus, Jesus is the way. Thanks to the church leadership for providing this support class."



A Note From Your Intern:

It's hard to believe I've gotten to serve with you all for over 4 months now-- They say time flies when you're having fun! A few of you got the chance to meet Prof. Schwalm, the Program Director from Concordia St. Paul and my University Supervisor for internship, as she visited us on May 18th. Thank you all for making her feel so welcome here!

With the school year finally coming to an end, Summer is just around the corner. As we gear up for VBS and the Youth Gathering, keep your eyes peeled for other Youth and Family events throughout the summer!

Education & Youth

Vacation Bible School: *Save the date or sign up now!*

We are working with Memorial Lutheran Church to help promote VBS this year, giving families more flexibility in picking the time that works best for them! **St. Paul's VBS will be in the evenings on July 27th-30th.** Sign up info will be available online, in the wire rack by the upstairs bathrooms, or via the second QR code below! If you are interested in helping out with VBS at SPLC, please reach out to Mindy Buckley at 334-580-9126.

Memorial Lutheran Church invites you to a *Morning VBS* on June 16th-20th.

Sign up today for VBS! Throughout this program, we will go on an epic adventure through Australia and along the way be guided by the Savior, Jesus, who is the Way, the Truth, and the Life! Let's go on an unforgettable journey! To attend or be a volunteer, use the QR code to the right:



Memorial's Morning VBS dates:

Monday, June 16, 2025 to Friday, June 20, 2025

9:00 AM - 11:30 AM

2228 Lincoln Way, Ames, IA, USA



St. Paul's Evening VBS dates:

Sunday, July 27, 2025 to Wednesday, July 30, 2025

6:00 PM - 8:15 PM

610 15th St, Ames, IA, USA

Helpers needed for Vacation Bible School July 27 – 30 (Sunday-Wednesday) from 5:15 – 8:15. A light supper will again be provided. Watch for a sign up sheet on the bulletin board to provide a meal.



Be a volunteer and get school credit!

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 to be a camp counselor at Camp Okoboji!
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.



Education & Youth

Congratulations and blessings to our High School and College Graduates: Katie Barnes-North Dakota State University; Evan Buttery - DMACC; Hannah Fritz (graduated in December from Iowa State University); Zach Harris-Ames High; Daniel Murphy- Ames High; Erin Murphy- University of Northern Iowa; Ella Nelson-Iowa State University; Lydia Nelson-Perry High; Eayon Phipps- Nevada High; Maci Vogel- Ames High.



Our Church's Graduates

The high school graduates were recognized in the Fellowship Hall with a reception prior to being honored during the church service on May 11th. Three graduates received a beautiful, handmade quilt made by members of our congregation.

THANK-YOU to the following ladies who used their time and talent to make beautiful quilts for the High School Seniors at St. Paul: Julie Coy, Janelle Swenson, and Sandy George.

Camp Okoboji! We have 6 youth going to Camp Okoboji this summer. Please keep the following youth in your prayers as they grow in faith with friends and Jesus at the Lake. Cub Week 2: Emily B; Jr High Week: Alice B, Emily C; Kaden C, Aleaya P; Youth Week: Daniel M.



SAVE THE DATES! - Fall District Youth Gatherings

The Iowa District West (IDW) will hold the **Jr High Youth Gathering October 18-19** at the Sheraton Hotel in West Des Moines. This gathering is for youth in grades 6-8. The theme will be: *Not Just Water* with the topic of Baptism based on Titus 3:5.

Senior Youth Gathering will be November 21-23 at the Airport Holiday Inn in Des Moines. This gathering is for grades 9-12. The theme is *God's Calling For Your Life* and is based on Ephesians 2:10.

Look for more information out this summer. And as always, the Board of Youth has funds available to help with registration costs.



Women's Ministry

LWML Convention

Date: June 26–29, 2025

Location: Omaha, NE

Theme: Growing in God's Grace



Four women from our congregation will be attending. Pray for safe travel and an uplifting convention for Breanna Wetzler, Brenda Dryer, Mindy Buckley and Julie Coy.

Ladies— you are invited to “60 Forward” (the new senior center behind Hobby Lobby) for an informal coffee group on June 6th and June 20th at 1:00 pm. We will meet the first Friday and the 3rd Friday of each month. Come and join us!



FOOD — FUN — FELLOWSHIP All Women of the congregation are invited to the **Family Service Spring Luncheon June 12 at noon**. If you would like to bring a dish to share, it is appreciated, but not required. Mostly, we'd like to have you join us. We just need to know how many to plan for, so please let Marilyn Hagemoser (515-232-2807) know if you would like to attend or sign up on the bulletin board.

2023-2025 LWML MISSION GRANT #30 Showering Love on the Least of These Mercy Holistic Ministry, CA — \$100,000

Washing by the Water and the Word In 2021, Mercy Holistic Ministry (MHM) purchased a portable, two stall shower trailer, bringing showers and the Gospel to parks, parking lots, and community locations of Sacramento where unhoused people live. The trailer is fully self-contained, providing hot water and capturing the wastewater. It houses two spacious shower stalls with a room for dressing. Each shower stall is fully cleaned and sanitized between each guest. Following the shower, people are offered opportunities to speak more in-depth with someone who can pray with them, provide active listening, and make referrals for other services. While their physical needs are addressed, these underserved people will hear that the blood of Jesus washes their sins away and gives eternal life to them. The LWML Mission Grant will increase the frequency of mobile hot shower services and haircuts from two to three days per week and serve 2,000 more people annually. A mobile trailer will be purchased and retrofitted to be a closet for clean clothing and hygiene kits. God's Word will be shared by distributing 10 to 15 Bibles and prayer books every week. In the last several years the homeless population in Sacramento has doubled to 10,000 people. These services enhance the feeling of worth, provide hope in Jesus, and give counseling to aid the homeless in applying for jobs or securing an apartment. All people are created in God's image and need to know that they are loved by God in Christ Jesus.



After a refreshing hot shower offered by Mercy Holistic Ministry (MHM) in their mobile shower truck in downtown Sacramento, sometimes the first shower in months! MHM also provides personal hygiene kits and clothing in addition to the shower.

Women's Ministry

LWML Mite Update:

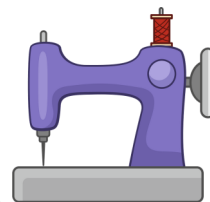
2023-2025 National Mission goal: \$2,350,000.00



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.

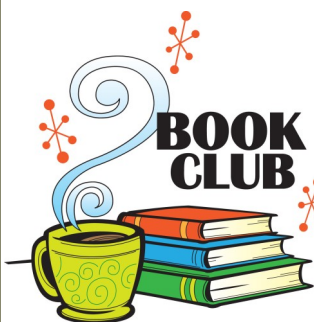
FAMILY SERVICE ~ Quilters will meet June 26 from 10 to 2 pm for Quilting. Bring a sack lunch & join us for the fun! If you can tie a knot, you can help! Our Spring luncheon will be June 12. Please join us.



“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 & show up for the discussion. Questions? Contact Connie Lastine at 515-292-4992.

Our next book for July 10 at 7:00 pm is *Indigo Isle* by T. I. Lowe. Synopsis by Goodreads: **Sonny Bates left South Carolina fifteen years ago and never looked back.** Now she's a successful Hollywood location scout who travels the world, finding perfect places for movie shoots. Home is wherever she lands, and between her busy schedule and dealing with her boss's demands, she has little time to think about the past . . . until her latest gig lands her a stone's throw from everything she left behind.



Searching off the coast of Charleston for a secluded site to film a key scene, Sonny wanders onto a private barrier island and encounters its reclusive owner, known by locals as the Monster of Indigo Isle. What she finds is a man much more complex than the myth.

Once a successful New York attorney, Hudson Renfrow's grief has exiled him to his island for several years. He spends his days alone, tending his fields of indigo, then making indigo dye--and he has no interest in serving the intrusive needs of a film company or yielding to Sonny's determined curiosity. But when a hurricane makes landfall on the Carolina coast, stranding them together, an unlikely friendship forms between the two damaged souls. Soon the gruff exterior Hudson has long hidden behind crumbles--exposing the tender part of him that's desperate for forgiveness and a second chance.

A story of hanging on and letting go, of redemption and reconciliation, and of a love that heals the deepest wounds, from the author of the breakout Southern fiction bestseller *Under the Magnolias*

Date	Location	Book
July 10, 2025, 7 pm	Village Co-op	"Indigo Isle" by T.I. Lowe
Sept 11, 2025, 7 pm	Northcrest Fireside Room	"Chateau of Secrets" by Melanie Dobson
Nov 13, 2025, 2:15 pm	St. Paul	"House of Living Stones" by Katie Schuermann
Jan 8, 2026, 2:15 pm	St. Paul	"The Edge of Belonging" by Amanda Cox
March 12, 2026, 2:15 pm	St. Paul	"Emerald Windows" by Terri Blackstock
May 14, 2026, 7 pm	TBA	"Appalachian Song" by Michelle Shocklee

June 2025 Sunday Service Roster

Thank you for serving!

Benja-
Sarah

	June 1 10:00 am	June 8 10:00 am	June 15 10:00 am	June 22 10:00 am	June 29 10:00 am
Organist	Ellen Sander	LaDonna Osborn	LaDonna Osborn	Praise Team	LaDonna Osborn
Elders	Greg Buttery	Greg Buttery	Greg Buttery	David Schultz	David Schultz
Lectors	Keith Folkmann	Keith Folkmann	Gretchen Zitterich	Marilyn Hagemoser	Marilyn Hagemoser
Acolytes	Audrey Harris		Drew Boyko		Aleaya Phipps
Ushers	Wayne & Marilyn Hagemoser, Dave Osborn, Drue Sander	xxxx, Dave Osborn, Dean Ulrichson	Wayne & Marilyn Hagemoser, Dave Osborn, Drue Sander	xxx, Dave Osborn, Angie Fritz	Wayne & Marilyn Hagemoser, Dave Osborn, Drue Sander
Greeters	Keith & Carol Folkmann, Tom & Beth Henriksen	Keith & Carol Folkmann, Tom & Beth Henriksen	Keith & Carol Folkmann, Tom & Beth Henriksen	Keith & Carol Folkmann, Tom & Beth Henriksen	Keith & Carol Folkmann, Tom & Beth Henriksen
Valet Parker	Brent Peterson	Dee Malfero	Tom Peter	Paul Knop	Jim George
Offering Counters					
Altar Guild	LaDonna Osborn	Beth Henriksen	Beth Henriksen	Becky Juelfs	Becky Juelfs
Power Point	Julie Coy	Sarah Fahrman	Cindy Baas	Breanna Wetzler	Tom Baas
Sound Board	Tom Baas/ Matthew Scheuerman	Ben Fahrman	Matthew Scheuerman	Tom Baas	Dee Malfero
Camera	Harry Mundt	Matt Carver	Tom Baas	Eric Phipps	Harry Mundt

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mann



6 yrs.