

AUGUST 2025

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
JACOB BIRKELAND, DCE INTERN
LORI JENKS, PRESCHOOL DIRECTOR
PRESCHOOL- 515-233-1914

A Note from Your Pastor

Friends in the Lord,

God's Word strengthens you to face the challenges in life. God's Word is your source of power and hope. God's Word blesses you by proclaiming to you that Jesus loves you, died and rose for you, and is always with you. God's Word feeds and fortifies you for what you face each day.

Jesus says: "Man shall not live on bread alone, but on every word that comes from the mouth of God" (Matthew 4:4). Because God's Word is so important, Lutherans highlight the significance of Bible study attendance. If you attend our adult Bible study on Sunday mornings, you know about the energy and excitement that fills the fellowship hall as we dig into God's Word together. If you do not attend Bible study, there is no better time to start!

Did you know God urges you to "grow in the grace and knowledge of our Lord and Savior Jesus Christ" (2 Peter 3:18)? Are you growing? Or are you at a standstill? The Lord wants to see you grow in Him, until that day you depart

to be with Him. So please, come and grow with us on Sunday mornings! I promise you, we won't bite you! However, you will get to bite some tasty treats, and sip and savor some classic coffee, as together we devour the Word of our Savior.

We meet in the fellowship hall from 9:00-9:45 am each Sunday (other than the weekend of Labor Day) for Christian growth via our Bible study discussions. "Let the Word of Christ dwell in you richly in all wisdom, as you teach and admonish one another" (Colossians 3:16).

In Jesus,
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, August 3

10:00 a.m. Worship with Holy Communion

Sunday, August 10

10:00 a.m. Worship Service



**Worship
Schedule**

Sunday, August 17

10:00 a.m. Worship with Holy Communion

Sunday, August 24

10:00 a.m. Worship Service

Sunday, August 31

10:00 a.m. Worship with Holy Communion

Missional Communities

ON MISSION WITH JESUS

Would you like to learn more about the Missional Groups at St. Paul? When they meet? What they do? Who is in the groups?

On the third Sunday in August, the group led by Mark & Janelle Swenson will be greeters. They will be able to answer any question you have of them. The third Sunday of each month through January 2026, a different Missional Group will be available as greeters. If you are not part of a Missional Group, we hope you will take this opportunity to ask questions and learn more about them.

Trustees

ADOPT A CLASSROOM

There are three classrooms in the basement that are in need of scraping and painting. The trustees are asking members of St. Paul to consider adopting one of these rooms. It could be one person, a family, or any group. All supplies will be provided. We would like to have the work completed before school starts. Please contact Tom Peter or the office if you have any questions or if you are willing to adopt a room.

Tom Peter

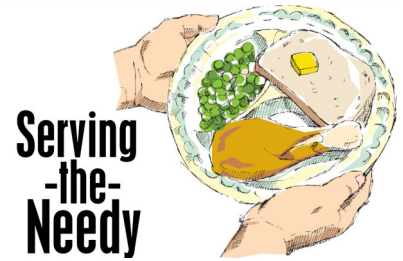
Board of Trustees



Evangelism

Food At First

Many of the support organizations that help individuals and families that are struggling with food insecurity have lost funding recently. Food at First is struggling through the summer without the usual student help. Volunteers can sign up online for this important outreach - the program provides nutritious meals daily for folks that need that help. (foodatfirst.com)



The Evangelism committee will be collecting **NEW** underwear and new or gently used socks for the needy (all ages) during the months of **August and September**. Place them in the Orphan Grain Train tubs in the EAST entryway. Questions—contact Mark Swenson at 515-357-4313.

The Ark Encounter & More Tour

Wednesday, October 15 - Sunday, October 19, 2025

Day 1 load at 6:00 am for a 6:30 am departure in Fairmont, MN (exact location TBD). We can also pick up at Clear Lake, IA. Lunch on your own as we head to our overnight lodging in West Indianapolis, IN.

Day 2 As we rise and shine and give God the glory, be sure to enjoy a hot breakfast at the hotel before loading for a 7:00 am departure for the Creation Museum where we will learn about our amazing Creator. Lunch is included at Noah's Café. Following our time at the Creation Museum, we will check into our hotel for 2-nights before enjoying a dinner cruise on the Ohio River that's included in your cost.

Day 3 Following a hot breakfast at the hotel we will depart for 9:00 am arrival at the Ark Encounter where you will see the amazing replica of Noah's Ark. Lunch is included in your cost at Emzara' Buffet. On our way back to our hotel, we will stop for dinner at a local restaurant.

Day 4 After a breakfast at the hotel we will load the bus for a 9:00 am departure. As we begin our journey, we will step back in time for lunch in Danville, IN at the Mayberry Café, where we will enjoy a homecooked meal just like Aunt Bee put on the table for Opie Taylor on the Andy Griffith Show. Following that, we will continue to Davenport, IA.

Day 5 As we thank God for deeper and new friendships and following breakfast we will begin our journey home. Price per person based on room occupancy

Single: \$1,167	Double: \$915	Triple: \$832	Quad: \$790	* Early Bird extended to Pd in full by
*\$1117	*\$865	*\$782	*\$740	AUG 3rd

Reservations 50% down of total cost due by 8/1/25 Balance due by 9/1/25 NO REFUNDS AFTER 9/10/25

Checks: **Grab A Bus Seat** Travel & Tours, LLC, 114 W14th St. Apt. 202, Blue Earth, MN 56013

For more information and sign up see brochure on bulletin board at church!

Wellness Team

Movement Challenge Report



The winners in the Movement Challenge drawing challenge were: Nancy Wiebel, Emily Buckley, Dawn Schultz and Sami Phillips. About 30 people signed up to participate and about half returned the activity sheet. Some of the comments include: "This challenge has motivated me to start using my treadmill again after a fall on it. I now feel comfortable using it again." "The challenge has made me think more about how to incorporate exercise into my daily routine." "Moving gets easier the more you do it!" "Increased water intake led to increased steps to the bathroom. It all adds up!" "The challenge was a good way to make exercise 'top-of-mind'." "I believe my stamina has increased." "I feel stronger and more flexible." **Thank you to all who participated!**

Being a Caregiver by Linda Goldsberry

Have you ever been a caregiver or needed caregiving? Let's look at all ways of receiving or being a caregiver.

Caregiving encompasses the broad range of support provided to individuals who need assistance with daily living activities due to age, illness, disability, or other factors. This support can include physical care, emotional support, and help with tasks such as personal hygiene, household chores, transportation, and managing medications. Caregiving can be a demanding role, often impacting the caregiver's own physical and mental health.

Types of Caregiving:

- **Family Caregiving:** This involves unpaid care provided by family members or close friends.
- **Professional Caregiving:** This includes paid care provided by trained individuals, such as home health aides or certified nursing assistants.
- **Independent Caregivers:** Individuals who provide care independently, often without formal training or certification.
- **Respite Caregivers:** Provide temporary care to give primary caregivers a break.

Activities involved in caregiving can include:

- **Personal Care:** Assisting with bathing, dressing, grooming, using the toilet, and other hygiene tasks.
- **Household Tasks:** Grocery shopping, laundry, cleaning, and other household chores.
- **Meal Preparation:** Preparing meals, feeding, and managing dietary restrictions.
- **Health Care:** Coordinating appointments, managing medications, and communicating with healthcare professionals.
- **Transportation:** Providing rides to appointments, errands, and social activities.
- **Emotional Support:** Providing companionship, listening, and offering reassurance.
- **Financial Management:** Paying bills, managing finances, and handling paperwork.

Do you see yourself in some of these situations? I have seen myself doing some of these and did not even realize I was being a caregiver.

If you need help or like to help, I am sure there are members of our church that do some of these things.

GriefShare

Have you felt alone in your grief? Do you feel as though people have forgotten your loved one? One of the most satisfying aspects of meeting with other participants is the shared feelings you have with each other. Are you free to talk about your loved one, or not? You realize that others are going through similar pain. It is refreshing to feel free to talk about your loss, how much you miss your loved one and what he/she provided in your relationship. You will learn from each other; different coping mechanisms, what not to do, and how to help others.

The program includes three weekly components: weekly video seminars, facilitated group discussion, and home workbook personal study exercises to reinforce the weekly session topics. Preregistration is required to participate in the GriefShare program, for the purposes of providing adequate supplies and seating arrangements.

We welcome all adults who have experienced a death of a spouse, child, family member or dear friend. Don't go through your grief without the support of loving, Christian friendships. Journey from mourning to JOY. Peace and Pain can coexist. Our group will be meeting on **Mondays, from 1 pm to 3pm**, beginning on **August 25, 2025** and continuing until November 17, 2025. Please contact leaders Gretchen Zitterich (515-201-7570), Pat Thiede (515-290-9588), or Carolyn McCall to ask any questions you may have about the support group or for help with the group signup at www.GriefShare.org

IT'S REUNION TIME

The 2nd Annual Reunion of the 6 GriefShare classes will be held at St. Paul on August 7 from 4:30pm to 6:00 pm in the fellowship hall. A time to get **re-aquainted**, **reminisce**, and **re-fuel** with dinner and fellowship, and **rejoice** in our healing and peace.

Our new church directory app is in the works. 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. Details to follow. We are working through various issues in getting it set up... BUT IT IS COMING!



Education & Youth

2025 WATER OLYMPICS

Mark your calendars for August 10! We have another Youth event with Ascension and Memorial Lutheran Church for kids that are *going into 6th grade through leaving 12th*. We will be meeting here at SPLC, from 6:30-8:30 pm. Snacks and frozen treats will be provided. We will be competing in all sorts of water-based relay games and activities, so bring a friend... and a towel!



Sign up online at www.saintpaulames.org, so we can plan for snacks and teams!

SR. HIGH YOUTH GROUP

August kicks off the start of mid-week classes, and this year we are also looking to get a group together for Sr. High Youth! We are looking to meet at least every other week or so, but are flexible to find a day and time that works best for you. Come for some free food, activities, games, and events as we dive deeper into what it means to live out your faith and have a safe environment to wrestle honestly with some of those difficult questions and conversations. More info to come, so stay tuned!



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.



Family Pointe

Jacob is working on restocking and updating some of the resources in our Family Pointe area over the summer—come check it out!! Feel free to take advantage of all of the books and flyers available out there. That's why we have them! ParentCue (the company we get many of the resources in the Family Pointe through) has done a really great job of providing helpful and up-to-date material for parents of each age and stage of their kids' development, from Newborn to Graduation. Talk to Jacob for more information and resources! (515)337-2496, text or voicemail

Education & Youth

Save the date: Our first 3-8th grade LYF event will be **Sept. 10 from 6-7:30pm after Mid-week.** We will provide a meal and make tie-dyed T-shirts! (We will collect T-shirt sizes at the kickoff Aug 27). More information will be available soon.



Midweek & LYF Kick Off will be **August 27 at 5:30 pm.** Come meet our Youth Board, hear about our LYF and district programs, give input on activities, learn about midweek classes and if you play an instrument, sign up for the youth music ensemble! You can also complete the necessary forms at this time.



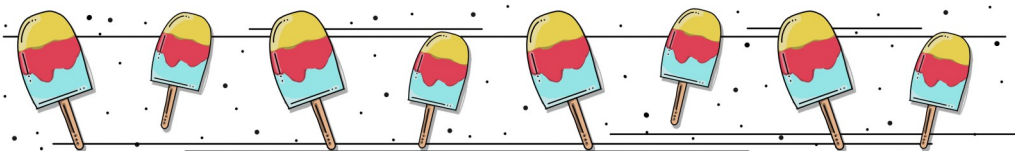
YOUTH AT CAMP OKOBOJI (Part 1) We have several youth going to Camp Okoboji this summer. Here's an update so far. For Jr. High Week July 6-12: Alice, Emily, Kaden, Aleaya, Bria and Keira attended as campers. Tessa served as a counselor for Cub Week 1 in June and then for Jr High Week in July. Tate and Shaun served as counselors for Jr High Week and Youth week in July respectively.



Thanks to Tate and Tessa for serving as camp counselors!



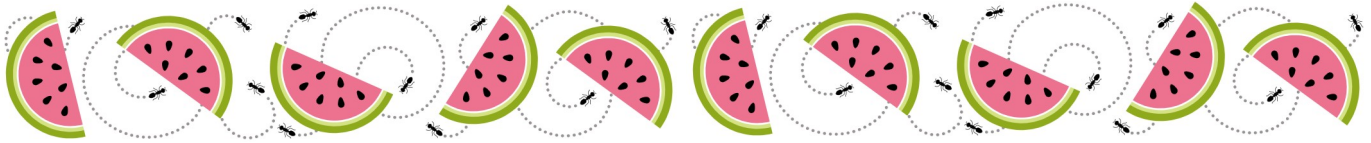
St. Paul Youth at Jr. High Week



Education & Youth

Thank you to all who helped prepare and walk in the 4th of July parade.

Happy
4th of
July



As this newsletter goes to print the youth and their leaders are in New Orleans for the National Youth Gathering. Watch for more updates from them in the next issue.



Women's Ministry

LWML Convention

Date: June 26–29, 2025

Location: Omaha, NE

Theme: Growing in God's Grace

Four women from our congregation attended: Breanna Wetzler, Brenda Dryer, Mindy Buckley and Julie Coy.

A new mission goal of \$2,622,270.00 was adopted. Go to the link below to see a list of the new mission grants or to view a video about the new mission grants.

www.lwml.org/mission-grants



2023-2025 LWML MISSION GRANT #24 —\$100,000

God's Word for Central and South American Missions

Lutheran evangelism efforts are being intensified in countries like the Dominican Republic, Chile, and Uruguay. The need for Spanish language Bibles, Luther's Small Catechism, children's materials, devotions, and other resources is continuous. New pastors who are being trained to be missionaries and evangelists need to be equipped with materials that help share the Good News.

This grant will provide for the translation and printing costs of approximately 25,000 books by Lutheran Heritage Foundation (LHF). LHF will distribute the printed books free of charge to people in Central and South America who live from week to week and have little to no savings. Even though economic or political conditions may force missionaries to come and go in these countries, they leave behind the Lutheran books which continue to teach for generations



Over 435 million people in our world speak Spanish, and many of those men, women and children are still waiting to be introduced to our Lord and Savior, Jesus Christ. One good example: These students of St. Paul Lutheran Church in Uruguay are 80 percent unchurched. LCMS missionary Rev. James Sharp has been thrilled to provide free copies of the Spanish-language *A Child's Garden of Bible Stories*, which they can take home to share with their siblings and parents.

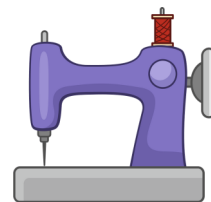
Women's Ministry

LWML Mite Update:

2023-2025 National Mission goal: \$2,622,270.00

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 August 14 and 28 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!



Ladies— you are invited to “60 Forward” (the new senior center behind Hobby Lobby) for an informal coffee group on August 1st and 15th at 1:00 pm. We will meet the first Friday and the 3rd Friday of each month. Come and 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 Sept. 11 at 7:00 pm is *Chateau of Secrets* by Melanie Dobson. Goodreads says: A courageous young noblewoman risks her life to hide French resistance fighters; seventy years later, her granddaughter visits the family's abandoned chateau and uncovers shocking secrets from the past. Gisèle Duchant guards a secret that could cost her life. Tunnels snake through the hill under her family's medieval chateau in Normandy. Now, with Hitler's army bearing down, her brother and several friends are hiding in the tunnels, resisting the German occupation of France.

But when German soldiers take over the family's château, Gisèle is forced to host them as well—while harboring the resistance fighters right below their feet. Taking in a Jewish friend's baby, she convinces the Nazis that it is her child, ultimately risking everything for the future of the child. When the German officers begin to suspect her deception, an unlikely hero rescues both her and the child.

A present day story weaves through the past one as Chloe Sauver, Gisèle's granddaughter, arrives in Normandy. After calling off her engagement with a political candidate, Chloe pays a visit to the chateau to escape publicity and work with a documentary filmmaker, Riley, who has uncovered a fascinating story about Jews serving in Hitler's army. Riley wants to research Chloe's family history and the lives that were saved in the tunnels under their house in Normandy. Chloe is floored—her family isn't Jewish, for one thing, and she doesn't know anything about tunnels or the history of the house. But as she begins to explore the dark and winding passageways beneath the chateau, nothing can prepare her for the shock of what she and Riley discover...

Date	Location	Book
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