

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

## A Note from Your Pastor

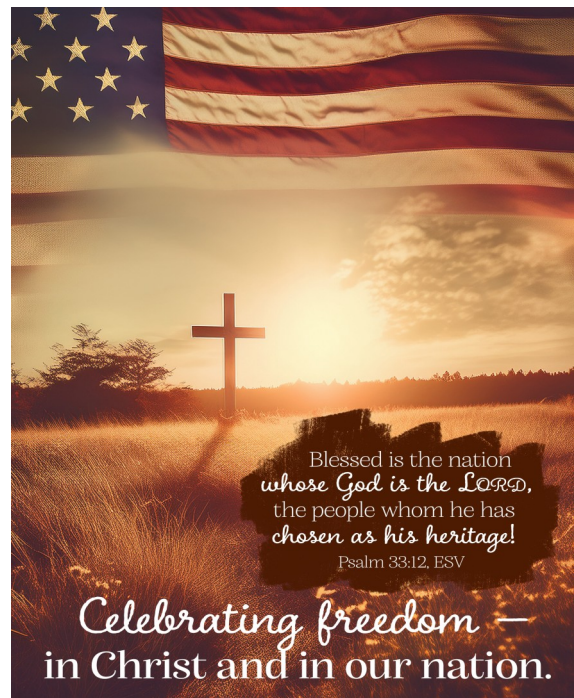
Friends in the Lord,

It has become a custom here at St. Paul that on the Sunday closest to Independence Day, we hold a special worship service to thank God for our nation and for the freedoms we have in our country. In July, as Americans, we remember the founders of our nation and the sacrifices they made for our freedom. We remember those who continue to live and die for freedom. As Christians, we also remember the One who lived, died and rose to win the ultimate freedom for us! Jesus Christ had to pay a price to set us free from Satan. The price was Christ's life, His blood, offered on the cross to pay the cost of our sins. "You were bought at a price" (1 Corinthians 6:20). "But now you have had every stain washed off: now you have been set apart as holy: now you have been pronounced free from guilt; in the name of our Lord Jesus Christ and through the Spirit of our God" (1 Corinthians 6:11).

This month, we again set aside a special Sunday to thank God for the freedoms we

have in this nation. Sunday, July 6, we will lift our prayers and praise to the Lord for His blessings in the United States of America. Join us as we thank God for the tremendous freedoms we are blessed with in our country, as we pray for God to guide and bless America, and as we praise the Lord for the eternal freedom we have because of Jesus.

In Jesus, who truly frees 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, July 6**

10:00 a.m. Worship with Holy Communion

**Sunday, July 13**

10:00 a.m. Worship Service



Worship  
Schedule

**Sunday, July 20**

10:00 a.m. Worship with Holy Communion at Moore Memorial Park

**Sunday, July 27**

10:00 a.m. Worship Service

### 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 are in the groups?

On the third Sunday in July, the group led by Ellen Sander will be greeters. They will be able to answer any question you have of them. Then the third Sunday of each month through January 2026, a different Missional Group will be available as greeters.

### Evangelism

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](http://foodatfirst.com))

There will be photo opportunities soon to be included in the next pictorial directory. The program has several options including using a photograph that you can insert into the 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. Details to follow.



## **Human Care**



**OUTDOOR CHURCH SERVICE  
SUNDAY, JULY 20<sup>TH</sup> 10:00 A.M  
MOORE MEMORIAL PARK**



**(Bring your lawn chairs for the service)**

**PIZZA WILL BE PROVIDED AFTER THE SERVICE  
PLEASE BRING A SALAD OR DESSERT TO  
SHARE**



**Sign-up sheet on the bulletin board in the  
Narthex  
Drinks & service ware provided**

# Wellness Team



## ZZZZZs. Matthew 11:28-30

By Connie Buss

**SLEEP.** We all need it! Sleep is an essential active process that helps us physically, mentally and emotionally. It aids in repair of tissues, muscle growth and maintenance, builds the immune system and positively impacts many other things – in fact, sleep impacts every organ of the body! Mentally, sleep improves processing of information, focus, creativity and problem solving. Emotionally, sleep helps us manage our emotions and moods. Without quality, adequate sleep, we are at risk for heart disease, diabetes, obesity (the hormones that regulate hunger are messed up without adequate sleep!), depression, dementia and so much more. Studies say that we should get 7-9 hours of sleep daily, but athletes aim for 9-10 hours, as that extra amount improves their physical and mental performance. (WOW! Should that be all of us, not just athletes?). Yet, 1 in 4 Americans, according to several studies, have problems with insomnia. I don't have all the answers, for sure, but these suggestions are recommended:

Maintain a regular sleep/wake schedule, even on the weekends, to help reach a natural cycle. Maybe set an alarm to get you moving toward your bed, if you usually stay up too late! Don't use the snooze button! Move the alarm clock across the room. Keep a dark, cool, quiet bedroom area and use it for sleep (and intimate activity), not for eating, watching tv, doing work or scrolling on the phone. Plug in your phone to charge away from your bed. Maybe some white noise and blackout curtains will help.

It is recommended not to eat or to drink alcohol within 2-3 hours before bed. Many need to avoid caffeine for 10 hours! However, don't go to bed hungry or stuffed. A light snack may help.

Limit daytime naps. Naps under an hour may be beneficial. Longer naps may interfere with your sleep later.

No screens 1-2 hours before bed. This includes the smart phones, tablets, and tv! Between the blue light and the information processing, your screen time may interfere with your quality sleep. I used to tell my Mom not to watch the 10 pm news, so she didn't think about it all night. The 6pm news was enough! Maybe quiet music instead of the screen, as you wind down, can help you sleep better. Others read a book (not too exciting of a book!) to unwind before bed, and it helps them sleep better.

Daytime physical activity can help our bodies relax and rest but avoid it close to bedtime.

Manage your worries! How do I turn my brain off? Write down, on a piece of paper (not electronically) your thoughts and worries, so you can remember to deal with them tomorrow! (Plus, God has them now!) Don't forget the benefit of prayer, as God's Word tells us to take our worries to Him, and leave them in His Almighty hands.

Read your Bible before bed. (Yes, your big Bible, not the tablet or phone!)

Sleep is not a luxury, but a necessity. Quality sleep is one of the cornerstones of health and quality of life. Remember, say your prayers and let God help you rest in His arms. God's got this! Now, may you sleep in heavenly peace, tonight and every night, as you rest in the arms of Jesus Christ.





## 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](http://www.GriefShare.org)

### IT'S REUNION TIME

The 2<sup>nd</sup> 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**-acquainted, **re**minisce, and **re**-fuel with dinner and fellowship, and **re**joice in our healing and peace.

### THANK YOU

Pat, Carolyn, and Gretchen wish to thank Ellen Sander's missional community and Reiny Friedrich's missional community for being faithful prayer warriors for our GriefShare leaders and participants. Thank You so very much. It was a very special session and your prayers were felt. God was definitely leading us.

### Hygiene Kits

**Looking for an easy way to get connected and serve others in the community?** SPLC has put together around 50 Hygiene Kits to distribute to the homeless in Ames! The kits are easy to keep in your car and give away when God presents an opportunity. We have more kits available on hand at Church, so if you need to restock or grab another one, don't be shy! It's a great way for us to love and serve the people who God has placed right in front of us, as well as a great opportunity to share the Gospel!

## Education & Youth

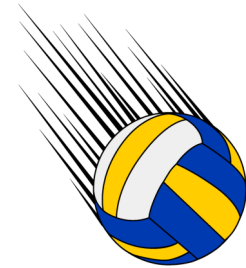
On May 21, we held a new to us event. St. Paul Youth has adopted a garden at **Emma McCarthy Lee Park**. We held a combined LYF event that was open to any youth in 3rd-12th grades. The flowers were supplied by the city and we planted the garden. After the flowers were planted, we ate a meal together and shared some fun. We look forward to seeing you all in the fall! Youth Board





## Sr. Youth Summer Party

We had a good turnout for our Sr. Youth Summer Party last month! We rented out a couple of ISU Volleyball Courts and teamed up with Memorial and Ascension Lutheran Church for some pizza, games, a devotion, and some volleyball. In total, we had about 10 youth, 4 leaders, and a great time!! Keep an eye out for more youth events this summer on our Youth Instagram page, [@spl\\_youth!](#) See photos below.



## Education & Youth

### Evening Vacation Bible School

**Registration for VBS at SPLC is *OPEN NOW* for kids in Preschool - 5th grade!!** Dinner will be provided each night for families from around 5:15 to 5:45. VBS this year will be from 6:00-8:15 pm, Sunday - Wednesday (7/27-7/30). If you are not planning on sticking around for dinner, please make sure your child is here by 6:00 for the Opening Event– it's going to be EPIC!!

To sign up, scan the QR code, fill out a printed form from Church (near the up-stairs restrooms), or go to [saintpaulames.org](http://saintpaulames.org)!



St. Paul's Evening VBS dates:

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

6:00 PM - 8:15 PM

610 15<sup>th</sup> St, Ames, IA, USA



**We are also still looking for volunteers for VBS**, so if you are willing and available to, we would love your help! We especially need Group Leaders to help guide kids from station to station. Please reach out to Mindy Buckley (334-580-9126) and/or sign up online at [saintpaulames.org](http://saintpaulames.org), with the link on the home page. (The same link to register a child, then click on “become a volunteer” at the top right of the page). **Please let us know ASAP, so we can get your T-shirt size in!!** Additionally, if you are interested in helping out with the meal before, talk to Cindy Baas. (515-291-4289)

Additionally, we are excited to announce that Saint Paul Lutheran Church will be participating in the annual **4th of July Day Parade in Downtown Ames** this year to help promote our VBS Program to the community! If you are interested in joining our group to walk and hand out candy, we are always looking for more people! Sign up on the bulletin board outside the sanctuary or reach out to Jacob for more information.





## Education & Youth

**Camp Okoboji!** We have 8 youth going to Camp Okoboji this summer. A few have attended before, but for a few others it is their first year! Campers will participate in Bible studies, play games, swim in the lake, do crafts, work on service projects, meet new or old friends and take part in the ever favorite-night devotions with the bonfire at the point. Please keep the following youth in your prayers as they grow in faith with friends and Jesus at the Lake.

For Jr High Week July 6-12: Alice Buckley, Emily Carver, Kaden Carver, Aleaya Phipps, Bria Friedrich and Keira Friedrich.

For Cub Week 2 July 13-19: Emily Buckley

For Youth Week July 20-26: Daniel Murphy.

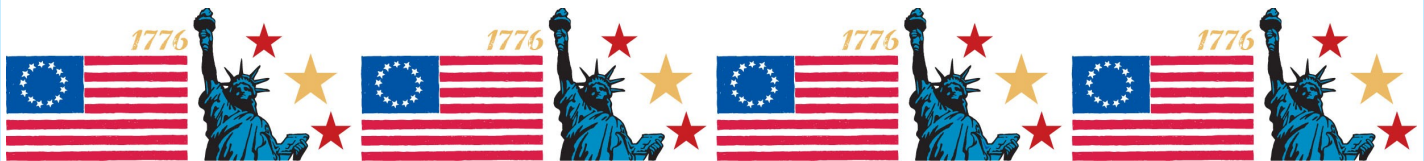


### SAVE THE DATES! - Fall District Youth Gatherings

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

# Women's Ministry

## LWML Mite Update:

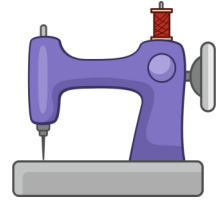
2023-2025 National Mission goal: \$2,350,000.00



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](http://www.lwml.org).

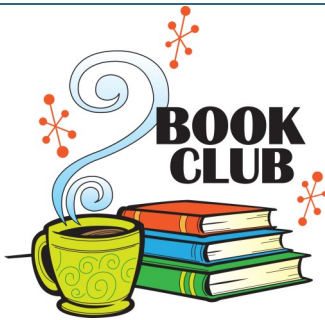
**FAMILY SERVICE** ~ Quilters will meet July 10 and 24 from 10 to 2 pm for Quilting. Bring a sack lunch & join us for the fun! If you can tie a knot, you can help!



**Ladies— you are invited to “60 Forward”** (the new senior center behind Hobby Lobby) for an informal coffee group on July 18th at 1:00 pm. We will meet the first Friday and the 3rd Friday of each month. Come and join us! (July 4th— Holiday)



## “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.

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



## 2023-2025 LWML MISSION GRANT #31 —\$58,988.62 (partial) **Breaking Generational Poverty in Detroit**

Camp Restore Detroit has been called to be a partner in breaking the cycle of generational poverty in Detroit by working with families and community leaders in a Christ-centered atmosphere, where families can learn and grow with access to education and needed resources. Camp Restore Detroit fills the Children's Outreach House, Adult Outreach House, and the land surrounding it with programs and ministry aimed at sharing God's love as they work together to restore hope, support health and wellness, raise the educational levels of children and adults, and support vocational skill building in a Christ-centered environment. This grant will fund furnishings for both houses, tools for learning including Bibles, SMARTboards, and computers. Additionally, a Maker's Space and a Storybook Learning and Reading Garden for community members and their children will be created.



*So many relationships are formed through the work of Camp Restore Detroit. Two little boys, one from the community and the other, a Lutheran from a different city, worshipping together. One is teaching the other about the use of the LCMS hymnal and enthusiastically sharing the love of Jesus with one another.*

# July 2025 Sunday Service Roster

*Thank you for serving!*

	July 6 10:00 am	July 13 10:00 am	July 20 10:00 am at Moore Memorial Park	July 27 10:00 am
Organist	LaDonna Osborn	Ellen Sander	LaDonna Osborn	Praise Team
Elders	Paul Knop	Paul Knop	Steve Johnson	Steve Johnson
Lectors	Nancy Carper	Tanny Latuska	Tanny Latuska	Nancy Carper
Acolytes	Rowan Olson		Alice Buckley	
Ushers	Harry & Pam Mundt, Mark & Janelle Swenson	Harry & Pam Mundt, Mark & Janelle Swenson	Harry & Pam Mundt, Mark & Janelle Swenson	Harry & Pam Mundt, Mark & Janelle Swenson
Greeters	Glenn & Nancy Carper, Tanny Latuska	Tom & Beth Hen- riksen, Tanny Latuska	Ellen Sander's Missional Group	Glenn & Nancy Carper, Tanny Latuska
Valet Parker	Tom Baas	Tom Peter	Brent Peterson	Jim George
Offering Counters				
Altar Guild	Dee Malfero	Connie Buss		Pat Thiede
Power Point	Julie Coy	Cindy Baas		Amy Carver
Sound Board	Tom Peter	Matthew Scheuermann		Matthew Scheuermann
Camera	Tom Baas	Matt Carver		Harry Mundt





**THE ARK ENCOUNTER and MORE TOUR OCTOBER 15-19 2025**

We invite you to join us for an unforgettable 5-day journey of faith, fellowship, and fun on the **ARK ENCOUNTER and CREATION MUSEUM TOUR on October 15-19**. Travel in comfort aboard a deluxe motor coach. We will also enjoy a special evening on the water with a scenic dinner cruise on the Ohio River, and on our way home, we will stop at the Mayberry Café in Danville, IN to enjoy a home-cooked meal just like Aunt Bee put on the table for Andy and Opie Taylor on the Andy Griffith Show.

**TRIP HIGHLIGHTS:** Visit the life-size Noah's Ark, a stunning replica built to Biblical dimensions. Discover the wonders of Scripture at the Creation Museum with state-of-the-art exhibits, gardens, and more.

Enjoy a relaxing dinner cruise on the Ohio River, featuring delicious cuisine, fellowship and beautiful views of the Cincinnati skyline.

Quality hotel accommodations, meals, and attraction tickets included.

**YOUR TRIP INCLUDES:** Round trip luxury motor coach, 4 nights accommodations, 4 hot breakfasts, 3 lunches, 2 dinners, All admissions, river boat, all taxes and gratuities!!

**HOSTS:** Rev. Kevin and Mrs. Brenda Hercula

**Grab A Bus Seat Travel and Tours, LLC**

114 W 14 th St. Apt 202

Blue Earth MN 56013

Cell/text;612-208-2260



**PRICE:** Single: \$1167 Double \$915 Triple \$832 Quad \$790

\*Early bird discount \*single \$1117 \*double \$865 \*triple \$782 \*quad \$740

When paid in full by July 1st

**RESERVATIONS:** 50% down by 8/1/25 Balance due by 9/1/25 No refund after 9/10/25 Checks to above address. Venmo---@grababusseat (add 2.5%) service fee to payment

**BUS PICKUP SITE:** Clear Lake IA at place TBD which is safe for our cars

**CONTACT:** Gretchen Zitterich with questions or Kevin Hercula @ 612-208-2260

**SEE BROCHURE ON BULLETIN BOARD FOR MORE INFO**

# St. Paul Lutheran Preschool

## July 2025 News



**Psalm 96:11-12** “Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it. Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.”

Summer is a time to rejoice in all the creation God has made for us to enjoy each day. Children and families are able to spend more time outside with beautiful weather to enjoy His creation. Family trips are taken, with travel to places we don't see everyday, and we marvel at God's greatness.

Summer is a time for rejuvenation at our preschool. I spend my summertime preparing for the new school year by:

- Talking with prospective parents about our faith-based preschool,
- Updating registration and sending out paperwork that needs to be filled out when school begins,
- Ordering supplies that have run out or broken during the school year,
- Ordering CPH's new faith-based curriculum for fall, which includes teacher guides and student books with stickers,
- Attending Preschool Board meetings,
- Looking at our classrooms and playground to look for new updates that need to be made,
- And continued work on the IQ4K to meet state of Iowa requirements and to participate in state funded scholarship programs.

### Here are some comments that parents shared with me about the recent preschool year at St. Paul:

“Thank you for making learning fun!”

“My son has learned so much about Jesus this year!”

“The preschool has been such a blessing to my child and family.”

“We sincerely appreciate how you have allowed God to use you as a part of our child's learning foundation.”

“My son has loved every second of preschool at St. Paul!”

“We are so blessed our son got to be in preschool at St. Paul this year.”

“My child tells me so much about Bible stories now that he attended preschool at St. Paul.”

“We are so grateful for a church-based preschool.”

“We wanted to be sure to thank you for all of your hard work to make it an incredible year of preschool. You have given her such a great foundation to build on. We feel so blessed that she was able to attend St. Paul.”

“Thank you for showing my daughter the love of Christ through your words and actions toward her.”

“We are so grateful for your love for children and your diligence in running an excellent, Christ-centered preschool.”

“We know your kind words and reassuring care have made a significant impact on him.”

