

SEPTEMBER 2025

ST. PAUL LUTHERAN CHURCH
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OR OUR FACEBOOK PAGE AT ST. PAUL LUTHERAN CHURCH, AMES, IA

REV. DR. TODD JENKS, PASTOR
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A Note from Your Pastor

Members of St. Paul,

This summer, when I attended our district convention, retiring district president Rev. Dr. Steve Turner was giving his library away to the rest of us pastors. One of the handful of books I picked up that day I then read rather quickly in the following days. This book touched me deeply. Here are a few relevant words from this intriguing book: "Something is missing in the life of the church! Today's institution has a polite form of religion, but it seems to lack power....Are people being transformed from spiritual immaturity to maturity, and are they following Jesus in regular, lasting, and effective ways?" Disciple Shift, 2013, pp.11 & 28.

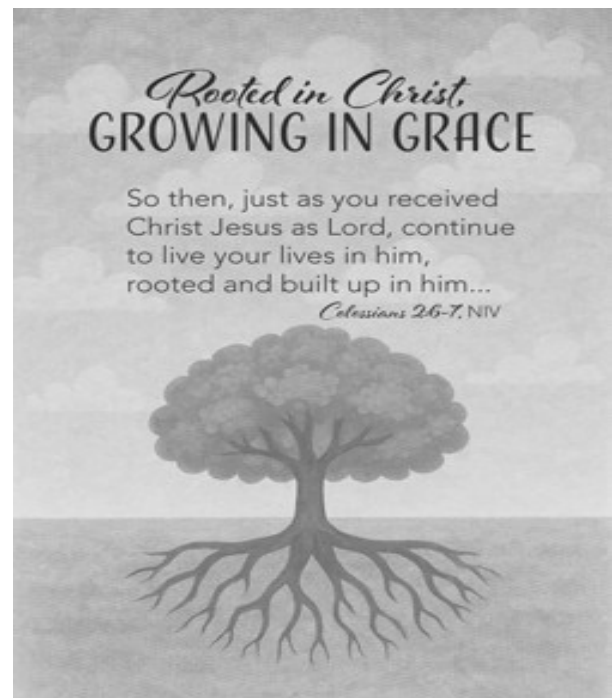
You may remember in Scripture, God through Paul calls us all to "**grow in the grace and knowledge of our Lord and Savior Jesus Christ**" (2 Peter 3:18). Are you continuing to grow in Christ? If you look at nature, even mature trees are still growing. What about mature Christians? Are we growing? Or do we feel like our growth is done?

One of the best-known classic rock songs, by Journey, is ***Don't Stop Believin'*** (which is also great advice for Christians). Likewise, Jesus the Rock of

Ages tells His people on our Christian journey, ***Don't Stop Growin'***! God's aim for us is that, in Jesus, "**we will grow to become in every respect the mature body of Him who is the head**" (Ephesians 4:15).

You'll hear a whole lot more about this at our Sunday morning adult Bible study this fall! The study will launch on Sunday, September 7. Come gather with us as we grow together 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, September 7 Rally Sunday

10:00 a.m. Worship with Holy Communion

Sunday, September 14 Preschool Sunday

8:00 a.m. Worship Service
10:00 a.m. Worship Service with Preschool Families



Worship Schedule

Sunday, September 21

10:00 a.m. Worship with Holy Communion

Sunday, September 28

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 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.



Funeral service information sheets are available in the office. Stop by anytime to pick one up to make sure your favorite readings and hymns are recorded for your service. That way your family won't have to guess!



Evangelism



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 new church directory app is up and running! If you need help in getting it set up on your phone, contact Dee Malfero at 515-208-7948.



**SHINE YOUR
LIGHT.
SHARE GOD'S
LOVE!**



There are currently seven St Paul Missional Community groups meeting at various times and places. They are all about developing relationships with God, their fellow group members and with folks they meet in their day to day lives. All groups welcome new members! Bob Walker's group has been meeting since Greg Finke's initial visit and presentation of his book, "Joining Jesus on His Mission". They have a short Bible lesson and share how God has been "messing" with them since their last meeting. They posed for this photo at their last meeting, collectively celebrating the blessing of 271 years of marriage. "The greatest of these is love" We are looking forward to greeting and meeting everyone on Sunday, September 21st.

Wellness Team



Thanks to all that returned your Wellness Survey! September is "Healthy Aging Month" which coincides with several requests from the survey! I know this topic could fill many articles, but this is a brief overview.

Embrace the concept of healthy aging.

As we travel the progression of life, the concept of "aging" often conjures images of decline and limitation. However, a growing body of evidence suggests that healthy aging is not merely about extending lifespan, but about maximizing vitality, maintaining independence, and enriching our lives as we grow older. It's about prioritizing mental, physical, emotional, and spiritual well-being to ensure a fulfilling journey through the golden years.

Fuel the body for healthy aging.

One of the cornerstones of healthy aging is adopting a nutrient-rich diet. Think of your body as a finely tuned machine that requires premium fuel to function optimally. Focusing on whole, unprocessed foods like fruits, vegetables, whole grains, lean proteins, and healthy fats is crucial. These choices provide essential nutrients and antioxidants, actively combating inflammation, which is a major contributor to age-related diseases like heart disease, diabetes, and Alzheimer's. Limiting the intake of unhealthy additives like added sugars, unhealthy fats, and processed foods is equally important. Even small dietary changes, like eating more fish or leafy greens, can lead to significant health benefits.

Power of movement and physical activity

Regular physical activity is another essential element of healthy aging. It strengthens the heart, muscles, and bones, reducing the risk of chronic diseases and improving overall mobility. Exercise also boosts mental sharpness, helping protect against cognitive decline and dementia. The good news is that you don't need to do strenuous workouts to reap the benefits. Aiming for 30 minutes of moderate-intensity activity most days of the week can make a significant difference. Walking, swimming, gardening, or dancing are all great options for older adults. It's also important to incorporate muscle-strengthening activities at least two days a week and balance exercises to reduce the risk of falls and injuries.

Nurturing the mind and social connections

Engaging your mind is just as important as physical activity for healthy aging. Challenging your brain with activities like reading, puzzles, learning new skills, or playing a musical instrument can help maintain cognitive function and delay the onset of dementia. Beyond mental stimulation, strong social connections play an immense role in our overall well-being as we age. Social isolation and loneliness are major concerns for older adults, contributing to a higher risk of depression, anxiety, and cognitive decline. Fostering meaningful relationships, participating in church and community activities, and staying connected with friends and family can provide a sense of belonging, enhance self-esteem, and offer crucial emotional support. Research highlights that older adults with the most supportive relationships age one to two years slower than those who lack such ties.

Proactive health management

Regular checkups and screenings are crucial for healthy aging, enabling early detection and intervention for potential health issues. Staying up to date on vaccinations and communicating openly with healthcare providers about any concerns are key aspects of proactive health management.

It's also important to cultivate healthy lifestyle habits like prioritizing sufficient sleep and managing stress effectively. Sleep deprivation can negatively impact memory, mood, and increase the risk of falls. Chronic stress can also damage the brain and body, increasing the risk of depression and memory problems.

The impact of our choices

Our lifestyle choices significantly impact how we age. Factors like diet, exercise, habits, and sleep all play a role. While genetics do play a role, environmental and lifestyle factors seem to have a much larger impact on how we age and our longevity than previously believed.

In conclusion, healthy aging is a multifaceted journey that involves making conscious choices to nurture our bodies, minds, and spirits. By embracing a nutrient-rich diet, engaging in regular physical activity, stimulating our minds, nurturing social connections, and prioritizing proactive health management, we can enhance our quality of life. It's about maintaining function, enjoying life to the fullest. Aging is a part of God's plan for our lives. No fear. Trust. 2 Corinthians 4:16-18.

GriefShare

GriefShare Support Group Announcement

Important Update

As you read this, our first session (August 25) will have already taken place. After initiating the **GriefShare** program in the fall of 2022 here at St. Paul, we are looking forward to welcoming and sharing grief circumstances together in this our EIGHTH series. Although the 13-week class has already started, we welcome anyone who wishes to join the group at any time, as the need arises. We desire not to exclude someone who is ready to begin their journey through grief and loss.

No matter what the circumstances of your loss, grief is a painful, confusing process. Whether your loss is recent or several years' past, this **GriefShare** group is a safe, welcoming place where people understand the difficult emotions of grief. During this support group program, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there is no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability, and gain solid support each step of the way.

Please contact leaders Pat Thiede (515-290-9588) or Carolyn McCall (515-520-1698) to register, ask questions about the class, or refer someone in your community who is suffering loss and could benefit from this **GriefShare** program. God loves and comforts all who call to him for peace.



Education & Youth

"Tied" together in Christ- Come join us for our first LYF event for 3-8th grade! It will be Sept. 10 from 6-7:30p after Midweek. We will provide a meal and make tie-dyed T-shirts and play outdoor games (weather permitting). Look for an email to RSVP.



High school youth- come meet with us **Sunday, Sept. 14** after church for a quick snack and discussion for our upcoming year for grades 9-12 LYF. We want your input on activities or outings. See you there!



Hey Youth! - Are you ready to attend the IDW Youth Gatherings this fall?!!!
Registration is open NOW! But closing quickly, so contact Carla if interested. Registration packets are available on the credenza by the clock.

The **Jr High Youth Gathering is October 18-19** at the Sheraton Hotel in West Des Moines. This gathering is for youth in grades 6-8. We leave the church parking lot that Saturday morning and return Sunday before lunch. The cost is \$175 per person. Also our own DCE intern will be one of the session leaders!



The **Senior Youth Gathering will be November 21-23** at the Airport Holiday Inn in Des Moines. This gathering is for grades 9-12. The cost is \$250 per person. We will leave late that Friday afternoon from the church parking lot and return Sunday before lunch. The Youth Board has funds available if needed for either gathering.



Education & Youth



Sunday, September 7th, is our Sunday School Rally Day! It will kick off our 2025-26 Sunday School year and our complete educational ministry! Let's Catch the Excitement! On this same Sunday, the Board of Education has the pleasure of handing out

Bibles to all the 3-year-olds, 3rd graders, and 7th graders from St. Paul. If you have a child who is a 3-year-old, starting 3rd or 7th grade, you are invited to attend worship on Sunday, September 7, to receive their Bible.

This year's first day for Midweek classes is September 3. We are looking forward to a great year! Forms have been emailed out to complete for Midweek and LYF, and should have been turned in on August 27. If you did not make the midweek kickoff, or if you have friends that you would like to join us, please contact the church office, office@saintpaulames.org, to have the forms resent.



YOUTH AT CAMP OKOBOJI (Part 2)

We had several youth go to Camp Okoboji this summer. Since the last Epistle, we had Emily attend Cub Week 2 from July 13-19 and Shaun served as a camp counselor. During the week, they enjoyed games, Bible studies, creating friendships in faith. Then, July 20-26 we had senior Daniel attend Youth Week where they reflected and built upon their Christian identity and character with the theme "Rooted in Christ".

Emily by her cabin for Cub Week 2.

Shaun with friend and fellow counselor Craighton for Cub Week 2



Daniel by the camp entrance sign at Youth Week

Women's Ministry



SEPTEMBER

This is a monthly prayer guide for your daily use. Each day as you pray, please feed your Mite Box in support of district and LWML Mission Grants. As you lift up the countries and mission grants listed, pray that the Gospel of our Lord Jesus Christ would be heard by those who live there or are served by our mite offerings.

Each country listed has been a recipient of a mission grant from Lutheran Women in Mission at some time since 1942. What a joy it is to bring these prayers to our Father's listening ears!



1. For LWML Mission Grant #21.
2. For men who heed God's call to serve His people as pastors.
3. For Papua New Guinea, one of the 83 countries supported by an LWML grant.
4. For our will to follow God's will, as we grow in relationship with Him.
5. For ways to serve your neighbors with acts of kindness.
6. For the Lutheran Women in Mission LWML Recording Secretary.
7. For the countries of Panama and Peru.
8. For the LWML Montana and New Jersey Districts.
9. Pray this 10-second prayer. "Lord, I pray for my friend, _____. You love her and I love her. Be with her today. Amen."
10. For your family. Pray that they draw near to Jesus.
11. For the country of the Philippines.
12. For gratitude of the Savior's gift of salvation.
13. For the Lord to heal our world and for His return to put the world right.
14. For our countenance to show the love and grace of the Savior, Jesus Christ.
15. For the country of Myanmar (Burma).
16. For the LWML Nebraska North and Southern Illinois Districts.
17. For the opportunity to show kindness to enemies.
18. For the many around the world who do not yet know You, Lord.
19. For the country of Paraguay.
20. For an outpouring of the Holy Spirit in our lives, our churches, and Christian work throughout the world.
21. For LWML Mission Grant # 22.
22. For the sick and those without shelter.
23. For those hungry and in prison.
24. For those around the world who suffer persecution because of their faith.
25. For the ability to love like Jesus.
26. For the LWML Nebraska South District.
27. For new and future LWML Mission Grants.
28. For an increase in zeal for the Gospel.
29. For random acts of kindness as a way to show the love of God.
30. Pray the Lord's Prayer.
31. For the LWML Louisiana-Mississippi District.

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 September 11 and 25 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 September 5th and 19th 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.

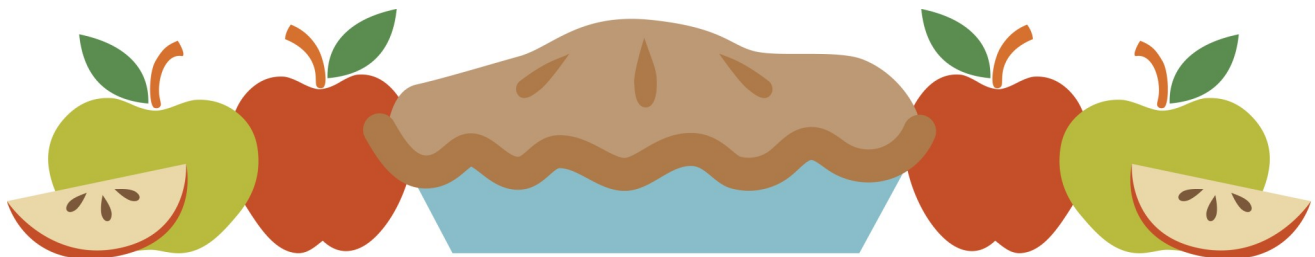
A present day story weaves through the past one as Chloe Sauver, Gisèle's granddaughter, arrives in Normandy. After calling off her engagement with a political candidate, Chloe pays a visit to the chateau to escape publicity and work with a documentary filmmaker, Riley, who has uncovered a fascinating 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

September 2025 Sunday Service Roster

Thank you for serving!

	September 7 10:00 am	September 14 Preschool Sunday 8:00 am	September 14 Preschool Sunday 10:00 am	September 21 10:00 am	September 28 10:00 am
Organist	LaDonna Osborn	Zach Heilman	Zach Heilman	LaDonna Osborn	Praise Team
Elders	Lynn Dreyer	Lynn Dreyer	Greg Gebhart	Greg Gebhart	Greg Gebhart
Lectors	Emily Carver	Tom Peter	Andi Olson	Andi Olson	Dawn Schulte
Acolytes	Aleaya Phipps			Emily Carver	
Ushers	Mark & Heather Scheuermann, Denny & Shirley Tice	Wayne & Marilyn Hagemoser, Tom & Judy Peter	Mark & Heather Scheuermann, Denny & Shirley Tice	Mark & Heather Scheuermann, Denny & Shirley Tice	Mark & Heather Scheuermann, Denny & Shirley Tice
Greeters	Reiny & Maureen Friedrich, Connie Buss	Reiny & Maureen Friedrich, Connie Buss	Reiny & Maureen Friedrich, Connie Buss	Walker Missional Group	Reiny & Maureen Friedrich, Connie Buss
Valet Parker	Tom Baas	Tom Peter	Tom Peter	Brent Peterson	Jim George
Offering Counters					
Altar Guild	Connie Buss				Dee Malfero
Power Point	Sarah Fahrman	Breanna Wetzler	Matthew Scheuermann	Amy Carver	Julie Coy
Sound Board	Ben Fahrman	Tom Peter		Tom Baas	Tom Peter
Camera	Tom Baas		Matt Carver	Harry Mundt	Eric Phipps



St. Paul Lutheran Preschool

September 2025 News



Brand New School Year

St. Paul Lutheran Preschool is very excited to start a brand new school year! We have been preparing all summer long for new children and families to begin a journey of growth: spiritually, physically, intellectually, emotionally, and socially.

Here are some of the things that have been accomplished during the summer:

- Enduring the Faith, a brand new Concordia Curriculum, has been donated to the preschool. This curriculum includes teacher guides, teaching ideas, and family newsletters to go home with the children each week. Teachers are thrilled to implement this new curriculum.
- New vinyl plank flooring has been donated and provided for 2 classrooms. The classrooms look fantastic!
- Nine St. Paul Lutheran Preschool Teachers attended 5 hours of continuing education at the Iowa Districts West and East Early Childhood Conference: God Made Me! The main speaker Andrea Lohman presented two Keynote sessions: Let's Celebrate! You are Amazing! and Let's Celebrate! The Children In your Classroom are Amazing!
- A new Prayer Partner sign-up is available on the bulletin board in the narthex. Gathering people who want to pray is a very important part of the ministry. Thank you for signing-up and praying for a preschool child this school year.

How to Enhance Faith Development in Children and Teens in your Life

For effective faith formation, a child and teen needs at least **five** adults in their life who are invested in their spiritual growth. These adults should be diverse in age and relationship to the child, providing a strong network of support and guidance beyond the child's parents.

Who could some of these adults be?

- Grandparents and extended family
- Preschool Teachers or Classroom Teachers
- Pastor Jenks and/or DCE Intern Jacob Birkeland
- Sunday School Teachers & Midweek Teachers
- Family Friends
- Extra Curricular Coaches or Leaders
- Community Members

The adults should be actively engaged in your child's faith journey by offering support and being a role model.

I thank God for St. Paul Lutheran Church for putting a strong emphasis on the formation of children's faith by having adults who will make a **BIG** impact on their child's walk with Jesus. It will make an eternal difference in each child's life.

