

OCTOBER 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

What does it mean to be a Lutheran? Have you ever been asked that? Can you provide an accurate answer to the question? We hear the answer every Sunday, as our Law-Gospel sermon reminds us that we are sinners who have a wonderful Savior, who took our punishment to earn our forgiveness. However, we hear the core message of the Lutheran faith in a very special way each year on Reformation Sunday: You are saved because of what Jesus Christ did for you. You are saved because your Savior paid the price for your sins. You are saved by all that Jesus did, not because of anything that you do. "For it is by grace you have been saved, through faith, and this not from yourselves, it is the gift of God—not by works, so that no one can boast" (Ephesians 2:8-9).

Every October, we Lutherans are filled with excitement as we anticipate our Reformation Celebration. This special celebration is always held on the last Sunday in October. This year, October's last Sunday is a 4th Sunday, when we usually have informal worship with music provided by the praise team. So that our Reformation worship can include organ and traditional worship, plus our beautiful

brass, our worship format schedule in October will be revised. Informal worship with praise team will be on October 19, the third Sunday of the month. Traditional worship will be on October 26, Reformation Sunday.

Plan to join us October 26 as we celebrate God's grace on Reformation Sunday! As Martin Luther reminds us, "This is forgiveness of sins for the sake of the Lord Christ.... Grace is freely given to the most undeserving... and is not obtained by any strenuous efforts, endeavors, or works, either small or great, not even by the efforts of the best and most honorable of men.... You dare not imagine that it was done for nothing or cost little. ... Grace and life were given you, but it meant bitter work for Him. It cost Him much. He earned it at the expense of His own body, blood and life."

Celebrating God's
grace for us in
Jesus,

Pastor Jenks



Inside this issue:

Worship Schedule	2	Women's Ministry	8-9
Evangelism	3	Birthdays & Anniversaries	10
Wellness	4	September Service Roster	11
GriefShare	5	BOD Minutes	12-13
Education and Youth	6-7	Preschool	14

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, October 5

10:00 a.m. Worship with Holy Communion

Sunday, October 12
LWML Sunday

10:00 a.m. Worship Service



**Worship
Schedule**

Sunday, October 19

10:00 a.m. Worship with Holy Communion

Sunday, October 26
Reformation Sunday

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?

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 online Directory is live!! Will you help us?

We are missing seeing you. If we don't have your email address we are unable to keep you connected. Please send your email address to Dee Malfero at deannmalfero@gmail.com. If you are needing a photo taken we are here to help you. You can send your availability to Dee or Lindsay and we would be happy to take your photo. Help us to reach our goal of 90%. We are currently only at 36%. Can you help us reach our goal?



Contact Dee Malfero at 515-208-7948.

Your Evangelism Team

The baskets of socks and underwear for the needy were overflowing! Thank you to all who gave very generously!

We are supposed to take care of all people and there is always a need somewhere for help and there are families in Ames who need it.



Soon it will be cold and we know how uncomfortable cold hands and heads can be. We want everyone to be warm and cozy.

The baskets are empty now and we need to fill them with hats and gloves for all ages. These will go to schools and shelters. It is ok if they are gently used items.

We plan to make another 50 hygiene bags for the homeless to hand out with items for cooler weather.



Donate Hats & Gloves

The baskets will be out to collect hats and gloves in **October and November.**

Karen Griffen, Evangelism Committee



Wellness Team

Am I Getting Enough Protein?

By Julie Coy



Whether you are raising little kiddos or are at the other end of the age spectrum, protein is important! Protein needs range from 19 grams for small children to 80 grams for adult men. (Charts with specific needs can be found on the internet if you want to know how much you need.) It is beneficial to have at least 20-30 grams of protein per meal, for best utilization.

So, how can we boost our protein intake? It's easy! The new protein powerhouse is (drum roll please) ... Cottage Cheese! One cup of cottage cheese contains 24 grams of protein, which makes it great for strengthening muscles, helping you feel fuller, longer, and supports a healthy metabolism. It is great for those who would like to lose a few pounds without losing muscle. Cottage cheese is also good for slowing down the digestion of carbs which prevents crashes in energy and helps keep your blood sugar steady. While we know it contains calcium, it also contains potassium which helps balance fluids and supports healthy blood pressure. And one more plus... it is more affordable than other protein sources like meat or protein bars!

Not that fond of cottage cheese? Well, if you don't really like it just for eating plain, here are a few ways to add it to your diet.

- Add to Smoothies
- Toast topper with tomato, cucumber or fruit
- Blend and add to scrambled eggs/omelets
- Blend and add to pancake or waffle batter
- Blend and use instead of mayo in egg salad or tuna salad
- Blend and use instead of sour cream on that baked potato or quesadilla
- Add to any casserole for extra creaminess
- Blend with ranch seasoning for a tasty dip
- Add 1 tablespoon of lemon juice to 1 cup of blended cottage cheese for a sour cream substitute
- For a parfait, whip and layer with fruit and granola
- For a frozen dessert, blend with fruit and freeze (better than ice cream)

Be creative! I bet you can think of even more ways to add this "old staple" to your diet in new ways.



Education & Youth



LYF Mystery Meal and Pumpkins

Almost everyone enjoys a good mystery and food, so the Board of Youth will again be hosting a mystery meal and pumpkin decorating for youth in **grades 3-8 on Oct. 8 from 6-8pm. (note the longer end time).** Youth will have a 3 course meal based on items they choose from a mystery coded menu. In the past youth have had ghost sweat, mummy fingers, witches brooms and more. You never know what you're ordering until it arrives at your table! After we eat, we will provide pumpkins for everyone to decorate and take home.

Please see emails for more information and to RSVP.



High School LYF "Peers and Pumpkins"

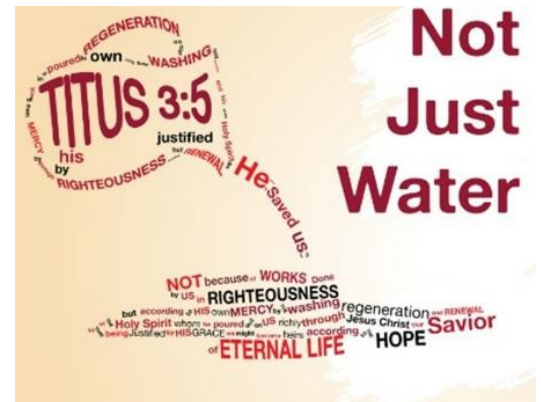
Anyone in grades 9-12 is invited to attend our October 12 event in the Fellowship Hall. We will carve pumpkins and have fellowship.

The Board of Youth will provide the pumpkins.

See emails for more information and to RSVP.

IDW Youth Gathering Prayers

Please pray for some of our youth and leaders as they attend the **Jr High Youth Gathering October 18-19** at the Sheraton Hotel in West Des Moines. Participants this year are: Alice Buckley, Emily Carver, Kaden Carver, Bria Friedrich, Keira Friedrich, Joey Fritz, Lily Fritz, Ali Phillips, Sullivan Rees with Amy Carver and Jacob Birkeland as leaders. This gathering is for youth in grades 6-8. The theme "Not Just Water" is about baptism and is based on Titus 3:5. Participants will have Bible studies, music, hands-on activities, a service project, worship and games.



Hey Youth in 7-12th Grade!

Anyone interested in volunteering for fall cleanup and winter preparation at Camp Okoboji? Let's road trip for a day and help out! We will have fun carpooling and get to give back to camp. For any high schoolers, it's a great way to earn silver cord hours! We would leave early Oct. 11 and return late the same day. Contact Carla for more information.

Parents of College Freshmen

Please contact Carla or the Board of Youth if you have a college freshman this year. We would love to talk to you about a special surprise for your student.

Education & Youth

"Tied" together in Christ Highlights...

On Sept. 10 we held our first LYF event for the year for 3-8th grade. We enjoyed a taco meal (thank you Cindy and Inez!) and then we made tie-dyed T-shirts and played outdoor games - mostly a mean game of basketball!



Halloween Party!

On Sunday October 26th we will be hosting a Halloween Party for kids in **Pre-school-5th Grade** following the 11am Worship Service, from **11:00-1:00**! Feel free to bring your costume and enjoy some Halloween treats, games, and activities. (If you choose to wear your costume, we just ask nothing too scary for the rest of the kids!)

We will also be hosting a **party for the older kids (6th-12th grade)** that **same evening, from 6-8pm**. Costumes and friends are encouraged!! *Email with more info to come!*



Women's Ministry

LWML Sunday is October 12!

The Lutheran Women's Missionary League is the official women's organization of the Lutheran Church—Missouri Synod. We collect "Mites" (change or bills) in our "Mite Boxes" each month to support both district and national mission grants. **On Oct. 12**

we will have our "noisy offering" during church—so bring that change! Our quilters meet every 2nd and 4th Thursday to quilt for Orphan Grain Train or other needs.

YOU (men or women) can help by— 1) collecting Mites in a small Mite boxes and bringing them to church the first Sunday of each month (extra Mite boxes are in the narthex by the large Mite Box); 2) show your support by wearing purple on Oct. 12; 3) join our quilters; and/or 4) join our Women's monthly meeting on the first Monday of each month (time to be announced).

Thank you for your support!



2025–2027 MISSION GRANT NO. 2

HELP FOR UKRAINE'S ORPHANS AND DISPLACED PERSONS

ORPHAN GRAIN TRAIN \$100,000



Elderly women with tears in her eyes after receiving a quilt made by an LWML member



Stuffed animals for girls at a developmentally disabled orphanage.

Orphan Grain Train Helps the People of Ukraine

The country of Ukraine has been at war for almost three years and many thousands, if not millions of citizens have felt its impact. Countless lives have been lost, many others have been injured, some with injuries which will haunt them the rest of their lives, still others have fled the country entirely and many have had their homes completely or partially destroyed. The pictures that have flooded the news reports the past few years have been chilling. These are the people who will be impacted by this grant. Orphan Grain Train (OGT) has been involved in humanitarian aid to Ukraine since the war began. OGT works with the Evangelical Lutheran Church of Ukraine and other Christian churches as it distributes aid. In the past year, seventeen shipments of donated food, clothing, and medical supplies were sent to various locations in Ukraine. The impact the donations have is both life-saving and soul-saving. The donated supplies assist people who have lost all their worldly goods and help children whose parents have been killed in the war. OGT assists twelve orphanages in the Kherson area and three orphanages in the Kyiv area. Each of the orphanages is served by a pastor who will tell them of a God who is merciful and cares for them through acts of mercy shown by followers of Jesus. The sole cost for this ministry of mercy is shipping the donated goods to people in need. This grant will cover the cost of shipping seven containers loaded with food, clothing, and medical supplies to the country of Ukraine.

Women's Ministry

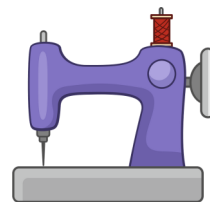
LWML Mite Update:

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 October 9 and 23 from 10 to 2 pm for Quilting. (Family Service meeting 23rd at 1 pm.) 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 October 3rd at 1:00 pm. We will meet the first Friday of each month. Come and join us!



Ladies— Join us for the LWML Boone Zone Fall Event on Oct. 11 in Ogden. Registration begins at 8:30 am and will close with a delicious lunch. The speaker is Anita Hinkeldey McVey, author of “Because He First Fed Us”. Sign up on the flyer on the bulletin board to carpool.



“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 Nov. 13 at 2:15 pm is *House of Living Stones* by Katie Schuermann.

Overview: In the small Illinois town of Bradbury, change doesn't come often, and it certainly doesn't come easily. So when Pastor Fletcher hires Emily Duke as the new choir director at Zion Lutheran Church, he unknowingly sets in motion a chain of events that turns the life of his congregation upside down.

The crusty church secretary, Mrs. Scheinberg, must learn to adjust her curmudgeonly ways. Zion's talented but pompous organist, Evan Ebner, must recognize his shortcomings. Emily must come to terms with her past. Even Pastor Fletcher must face reality when his world is shaken by the baggage Emily brings and by the handsome Zachary Brandt who pursues her.

With its host of lovable and relatable characters, *House of Living Stones* will find a special place on your bookshelf and in your heart.

Date	Location	Book
Nov 13, 2025, 2:15 pm	St. Paul Fellowship Hall	“House of Living Stones” by Katie Schuermann
Jan 15 , 2026, 2:15 pm	St. Paul Fellowship Hall	“The Edge of Belonging” by Amanda Cox
March 12, 2026, 2:15 pm	St. Paul Fellowship Hall	“Emerald Windows” by Terri Blackstock
May 14, 2026, 7 pm	TBA	“Appalachian Song” by Michelle Shocklee

October 2025 Sunday Service Roster

Thank you for serving!

	October 5 10:00 am	October 12 10:00 am LWML Sunday	October 19 10:00 am	October 26 10:00 am
Organist	LaDonna Osborn	Ellen Sander	Praise Team	LaDonna Osborn
Elders	Phil Voge	Phil Voge	Matt Weiss	Matt Weiss
Lectors	Reiny Friedrich	Marlene Johnson	Jeromy Fritz	Angela Fritz
Acolytes	Edward Buttery		Kaden Carver	
Ushers	Steve & Marlene Johnson, Reiny & Maureen Friedrich	LWML Ladies	Steve & Marlene Johnson, Reiny & Maureen Friedrich	Glenn & Nancy Carper, Reiny & Maureen Friedrich
Greeters	Jeromy & Angela Fritz, Dean & Ardy Ulrichson	LWML Ladies	Baas Missional Group	Jeromy & Angela Fritz, Dean & Ardy Ulrichson
Valet Parker	Tom Baas	Brent Peterson	Tom Peter	Paul Knop
Offering Counters				
Altar Guild	Connie Buss	Beth Henriksen		Jan Ziebell
Power Point	Amy Carver	Sarah Fahrman	Breanna Wetzler	Cindy Baas
Sound Board	Shaun Carver	Ben Fahrman	Matthew Scheuermann	Tom Baas
Camera	Tom Baas	Matt Carver	Eric Phipps	Harry Mundt

