

The

April, 2020 Vol. 39 Issue 4

# Communicator

Connecting People



Collegiate United Methodist Church  
and Wesley Foundation

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## Bulletin and Weekly Email Announcement Deadlines:

Send Bulletin submissions to  
[mail@cwames.org](mailto:mail@cwames.org) by NOON on Wednesdays.  
Type *Bulletin* in  
the subject line.

Send Weekly Email submissions to  
[janelle@cwames.org](mailto:janelle@cwames.org) by NOON on  
Wednesdays. Type *weekly email*  
in the subject line.

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## About *The Communicator* and deadline submission dates —

The *Communicator* is a monthly publication of Collegiate United Methodist Church and Wesley Foundation. The goal of *The Communicator* is to inform and involve people in the life and work of the church. To submit articles, please email them to [janelle@cwames.org](mailto:janelle@cwames.org) **and put “Communicator”** in the subject line. If you have questions, feel free to contact the church office at 292-6936.

May Communicator Deadline: April 20, 2020



**We can't wait to worship digitally with you!**

Sunday mornings at 10:00 am

Here's what you need to know:

- You can "tune in" on our [Facebook page](#) at 10:00am to watch live. There are opportunities for you to comment and interact in real time with each other.
- You can also go to our Facebook page anytime after that to view the video.
- We will also be uploading the video to our website [www.cwames.org](http://www.cwames.org) as well as our [YouTube channel](#).
- Whichever way you worship, we would love for you to fill out the [check in form](#) on our website so we can do our best to stay connected.
- To view a tutorial on how to connect on Sunday mornings you can view that here: [Digital Worship Tutorial](#)
- Check the weekly email for the digital bulletin and notes about anything you may need to "bring" with you to worship.

# A Letter from Pastor Denny

by Pastor Denny Coon



Not if, but when

*Don't be afraid, I've redeemed you.*

*I've called your name. You're mine.*

*When you're in over your head, I'll be there with you.*

*When you're in rough waters, you will not go down.*

*When you're between a rock and a hard place,  
it won't be a dead end—*

*Because I am God, your personal God*

*(Isaiah 43:1b-3a, The Message)*

I have struggled with writing this reflection. I normally send this email out on the 1st and 15th of the month, but the 15th came and went and I was stuck as to what I should say in the face of so many feeling fear and anxiety. I ran an 8K last Saturday and, while I was stretching before the race, saw this little piece of public art that's displayed above. Twelve empty bottles of Corona stuck in the ground, upside down. I was so taken by the symbolism of this and thought, surely, this will inspire me to write about how COVID-19 has turned everything upside down. But the 15th passed as did the 16th and I found myself this morning going back to a passage that has brought me great comfort over the years.

I can't recall the first time I noticed this when I read this passage, but it's the word "when" that has always stuck out to me. It's not "IF you're in over your head..." or "IF you're in rough waters" or "IF you're between a rock and a hard place." It's when. God seems to be saying through Isaiah that it's guaranteed there will be moments when we feel over our head and in rough waters and in a hard place. The good news is that these difficult times are not the final word. There are other "when"s that offer what I hope is comfort to all of you. They are the other short phrases that are God's promises to us. I hope these are helpful for you and perhaps they can become a mantra of sorts: Don't be afraid//I'll be there with you//you will not go down//I am God. And again: Don't be afraid//I'll be there with you//you will not go down//I am God.

Of course, none of us have the answers to how we should respond during this unprecedented time. Some (maybe most) days, we'll want to hole up. And that's perfectly understandable. I have found myself being a little uninspired and lethargic! But if you have the strength and the assurance that God is indeed with you in the rough waters, perhaps you can be the "when" in someone else's life so that they know that God is not an "if."

*Written by Christian Coon, Co-Founder and Lead Pastor of Urban Village Church, Chicago, and author of the book "Failing Boldly", and is shared here by permission. Christian is the son of Pastor Denny.*



# Children, Youth & Family Information

by Lauren Loonsfoot: Director of Children, Youth & Families

Greetings friends! While I miss being able to see you in person I am so grateful for new opportunities to stay engaged with you! Here are some ways below. If you do any of the coloring pages, activities, or worship at home, I'd love for you to share those pictures. If you need anything, please let me know.

Lauren [lauren@cwames.org](mailto:lauren@cwames.org)

## Kids Quest

Join me on Wednesdays at 4:30 for a short bible study lesson and activity! I'll be posting the video on Facebook, our website and emailing it out as well.

## Sunday School

You'll be able to view that lesson on our YouTube channel. This will also be emailed out in my Sunday morning emails. If you'd like to be added to this email list please let me know.

Middle School and High School Sunday School lessons will be emailed out on Sunday mornings. I'll be sending out a resource that has middle school and high school options. If you'd like to be added to this email list, please let me know.

## Holy Week at home

Holy week is a time full of learning and reflection. I would love to deliver Holy Week at home kit to anyone that would like one! Please let me know by April 3rd if you would like one. I will have a digital version available as well that will go out electronically but the kits I'll be delivering will have some added items in them.

## Community Easter Egg Hunt

I've seen many communities think of ways to have fun and participate in activities that we can all participate in together. Some communities are creating window Easter egg hunts. I've seen wooden eggs to cardstock eggs that were created and hung in windows or placed outside for others to see. During the next two weeks I'll be delivering cardstock cutouts to anyone that would like them to decorate and place in your windows. Please just let me know if you would like them and how many by emailing me at [Lauren@cwames.org](mailto:Lauren@cwames.org) If you'd like to create your own but still participate let me know. I will put together a map that has folks from Collegiate Wesley participating to send out. You can also send me pictures for a digital egg hunt. Thank you for helping spread the love!



*The front door of Wesley House, next to the church. Phoebe Sexton, one of the residents, has decorated the front door. Walk or drive by and see her creations!*

# Adult Discipleship

by Lindsay Drake: Director of Adult Discipleship

**Social Isolation doesn't have to mean that we aren't still connected to each other. This is our chance to look at how we gather and how we can stay connected without face to face meetings.**

During this time of isolation, I would like to invite you to consider joining a small group to stay connected to your community of faith and continue to grow in your faith. There are a couple of options starting this week. **Check out what's new below.**

## Facebook Group

Are you looking for a way to stay connected? A new Facebook group is starting this week to explore John Wesley's 21 questions to help focus on our relationship with God, self and others.

To join this group, sign up here (<https://cwames.churchcenter.com/groups/small-groups/facebook-small-group>) and you will be added to the private FB group.

## Digital Spiritual Disciplines Group

Take an opportunity during this season of social distancing and isolation to connect with your church family and connect with God. Over the next few weeks, this group will use video resources to prepare for conversations and then meet weekly to check in and discuss the material.

This group will connect using the video conferencing platform, Zoom. To access, you can use your computer or even just dial in. Sign up here (<https://cwames.churchcenter.com/groups/small-groups/digital-spiritual-disciplines-group>). A link for the call and the video resource will be sent to you once you sign up.

## Video Resource Available for All

During this season, the church is making an online resource available to you to access videos from Cokesbury and Abingdon Press. This video streaming service offers unlimited video access to adult, youth and children's video content through a Wesleyan lens. **This is great for small groups, Sunday school classes, as well as your own personal use.**

To access our church's account, simply go to <https://my.amplifymedia.com/amplify>. Click on the user icon on the upper right hand side and select "Enter Access Code". Our church's code is CLXSBH.

Contact Lindsay Drake ([lindsay@cwames.org](mailto:lindsay@cwames.org)) with any questions.

## Thoughts from Rev. Bob Farr

A communion prayer begins, "Oh Sacred feet wherein Christ is received", the memory of His passion is received, the wine is filled with grace, and a pledge of future glory is human. There is our Lent in full. We bring our humanness and rebellion. We find in Jesus our Christ God's love reaching out to us. We are thrilled by His constant presence with us, whether we know it or not. We kneel at the Cross. In the resurrection morning we rise filled with His joy and love.

~ Bob



## Generosity Update

Thank you for your continued generosity during these unprecedented times! Collegiate/Wesley continues to live into our Purpose and Picture --- and even though we are doing everything we can to hold down costs, we still need money to operate. Please continue to send your checks to the office or donate online.

We are not planning to mail first quarter financial statements this year. This change comes as we carefully look at the time and money we spend to send these out. In lieu of receiving a financial statement, you can log into Planning Center and click on the Giving tab to view your current giving. Or if you prefer, email me ([david@cwames.org](mailto:david@cwames.org)) and let me know you would like to know your current giving amount or to see a current copy of your giving. I can mail you a paper statement or email you a copy of the statement.

Again, we could not continue to make a positive difference in the world without you. Thanks for your ongoing support!

David Orth  
Director of Generosity

# Wesley Center News

On Monday, March 16th, nine Wesley students and I were supposed to leave for an alternative Spring Break trip to Denver, Colorado. While in Denver we were going to be helping at Habitat for Humanity and the Food Bank of the Rockies. We had to cancel our trip the Friday before we left. A couple of students were able to stay back before heading home for their new Spring Break plans. Sean Etherington and Irvin Pinto were able to stay in Ames to help me on a local service trip. During our three days we created 60 kids craft/snack bags, distributed hygiene bags to the Emergency Residence Project, helped serve a meal at Food at First and take supplies and multiple meals to the Emergency Residence Project. We were able to see, hear and help amidst the changes that those two specific organizations are needing to make **during this time. While it wasn't the trip that we planned, and we hope to be able to go to Denver and work with the amazing agencies that we communicated with, we were grateful to be able to help in Ames during this time.** There are multiple ways that you can support Food at First and the Emergency Residence Project on the Sending to Serve page of this communicator.

Thank you for your continued support for Wesley and our mission partners.

~Lauren





# Sending to Serve—Volunteer Opportunities

## Emergency Residence Project

There are many ways to support ERP right now.

Monetary Donations, you can donate to them online through our website [Collegiate Wesley Give](#)

Provide an evening meal for the shelter. You can email Lauren [lauren@cwames.org](mailto:lauren@cwames.org) to coordinate this.

Write a letter or call your representatives. Tell Congress to Include Emergency Funds for Homelessness in Coronavirus Response [Tell Congress Article](#)



## Food at First

Food at First is still providing a daily meal and the free market 3 times a week. To volunteer, sign up at: <http://FoodatFirst.com/volunteer>.

You can share your time and talents while building a caring community. It's a lot of fun and really makes an impact in Ames. Consider signing up with a friend or family member and add to the fun! Sign up for a two hour shift at (3:30—5:30 pm or 5:30—7:30 pm) on the 4th & 5th Fridays. Our next dates to volunteer: April 24, May 22, and May 29. Here's the link for you to sign-up to <https://doodle.com/poll/ftc4ecvaat77dd7v>.



The FAF Free Market needs volunteers to fill and move 600 full carry-out grocery bags outside to the parking lot. If not today, more volunteer shifts posted through April 11.

Safety is #1! Practice safe distancing, wear gloves, wash hands, carefully clean phone (carefully, don't get water into any ports). Wash hands again and again. Take the time to wash correctly. Disinfect, sanitize and clean surfaces.



## Clothing That Works

While CTW is closed to clients, donations are still being accepted.

New hours once CTW is open again:

Wednesdays, 2-5pm

First Saturday of the month, 9am-Noon

# A Message from Pastor Mary

by Rev. Dr. Mary Lautzenhiser Bellon

As I write this to you, we are all, as a world, experiencing fear and uncertainty in the **pandemic known as the Coronavirus**. I'll be honest with you: **this isn't the way I** wanted to begin my first correspondence with you. I had already given Janelle a different letter to you, and what we were discussing is whether two pages was too long! I have been so heartened to hear that Denny and Jen are continuing in strong leadership with online worship and communication with all of you. Perhaps this time of crisis gives us new energy to be in community with one another in new and different ways, as well as will open up new methods of outreach as we continue to be the church together for such a time as this.



I am asking Janelle to print one of my favorite poems from one of my favorite poets Joy Harjo, a Native American author who I once had the privilege of hearing read and thanking her personally for her work in the world.

*Perhaps the World Ends Here by Jo Harjo*

*The world begins at a kitchen table. No matter what, we must eat to live.*

*The gifts of earth are brought and prepared, set on the table. So it has been since creation, and it will go on.*

*We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees under it.*

*It is here that children are given instructions on what it means to be human. We make men at it, we make women.*

*At this table we gossip, recall enemies and the ghosts of lovers.*

*Our dreams drink coffee with us as they put their arms around our children. They laugh with us at our poor falling-down selves and as we put ourselves back together once again at the table.*

*This table has been a house in the rain, an umbrella in the sun.*

*Wars have begun and ended at this table. It is a place to hid in the shadow of terror. A place to celebrate the terrible victory.*

*We have given birth on this table, and have prepared our parents for burial here.*

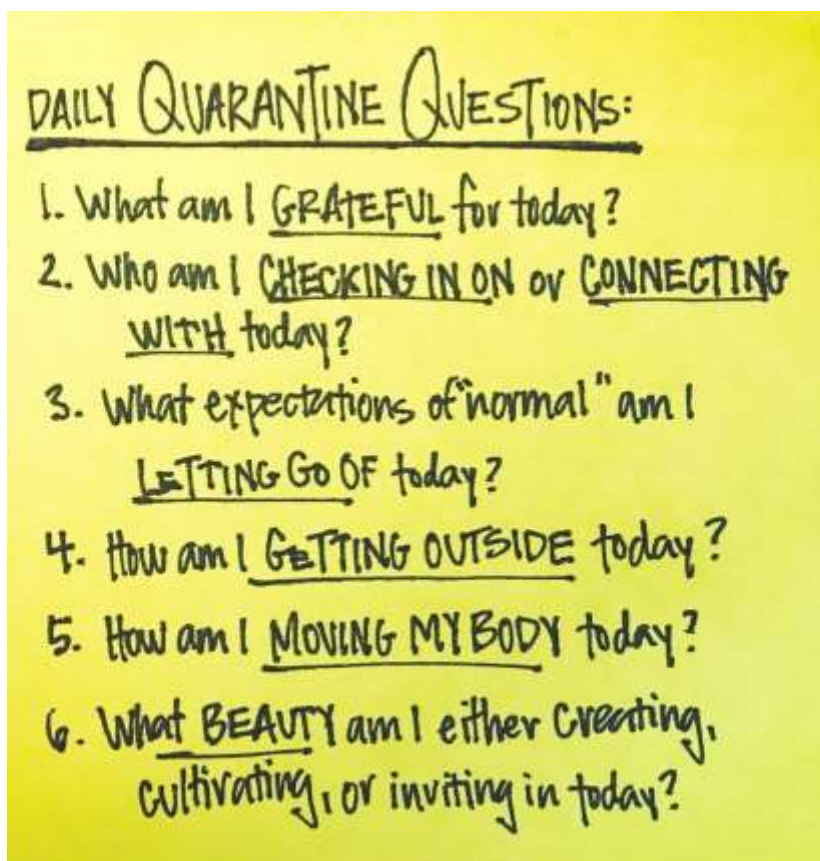
*At this table we sing with joy, with sorrow. We pray of suffering and remorse. We give thanks.*

*Perhaps the world will end at the kitchen table, while we are laughing and crying, eating of the last sweet bite.*

In this poem, Joy Harjo talks about the gatherings that take place around the kitchen table. Maybe now we move again to live close to the kitchen table, to gather in small and meaningful groups of loved ones, family and friends. Perhaps at the kitchen table we will watch our online service knowing that around Ames others we care for and love are doing the same. I envision us studying together online yet around our virtual kitchen tables, while we drink our coffee at our own kitchen table. I see us planning how to be in service to vulnerable people around our virtual kitchen table, maybe figuring out food drops or medicine runs or how to watch the kids for folks who have to go to work.

Perhaps as Joy Harjo says it really all does begin and end at the kitchen table. We are in essence a kitchen table people who belong to the faith community. We are people of the bread and wine that restores us spiritually and physically to be the body of Christ. This crisis we are in may change our daily lives in significant ways. But in truth, we will remain a kitchen table people and we will figure out together how to love and support each other and our world as we gather in actual spaces and virtually.

I am thinking of you and I am keeping all of us in prayer. ~ Mary



# Prayers

## Prayers of Thanksgiving

- Fran Berger thanks the congregation for prayers and condolences for our family.
- Thanks for Food at First volunteers: Paul Lundy, Mary Ann Lundy, Todd Hageman, Bev Kruempel, Dee Dreeszen, LaRue Clark, Amy Bleyle, Maureen Wilt, Mike Parsons, Shelby Zahradnek, Katharine Rants, Irvin Pinto, Jen Hibben, Henry Hibben
- Clothing That Works was open yesterday (Saturday, March 7), and served 1 person.
- **Celebrating Mylie Smith's 9th birthday.**
- For Pastors Denny and Jen, doing a digital service.
- For keeping us connected during this uncertain time.



## Prayers of Concern

- Kevin Schilling requests prayers for his wife Verallynn, as she prepares for hip replacement surgery on Wednesday (Feb. 26).
- For Charlotte Jamison who is in ICCU with pneumonia at Mary Greeley Medical Center.
- Clothing That Works is going to have a trial—first Saturday a month opening, 9am-noon. It will start on March 7.
- **Continued prayers for Annie Arbuckle's mother, Marilyn, who is having some serious health issues.**
- **For Carol in Chicago, who grew up in this church. She is handicapped with Parkinson's and is being moved from her home of over 50 years.**
- For Mark and Deborah Blaedel with bad colds.
- Bob Farr who is feeling dizzy.
- For our country, dealing with coronavirus. May we all practice infection control.
- Charlotte Jamison, still at Mary Greeley Medical Center
- Deanna Jordan, recovering from back surgery.
- For a 13-yr old neighbor, who is in Iowa City waiting for a heart transplant.
- That a final oral exam for a Ph.D. goes well.
- Safe travels and best wishes for all involved in the Special Olympics Iowa Mid-Winter Tournament in Iowa City (on March 13 and 14).
- **For Gary Taylor's extended family on the loss of his father, George Taylor, which follows the death of Gary's mother only 2 months ago.**
- For those with mental illness which may be exacerbated by precautions surrounding the coronavirus.
- For Emereigh, a 2-yr old who just received a liver transplant; and the family who lost a loved one but made this extraordinary gift.
- For all the helpers during this time.
- For the family of Jan Stiles, who passed away on March 12. There will be a private burial in Washington, Iowa.
- Scott Elston and family on the loss of his father, Vern.



# Calendar

**Sundays:** 10:00 am Digital Worship- Facebook, YouTube, Website  
Children and Youth Sunday School Emailed and on YouTube  
7:00 pm Wesley Student Zoom Gathering

**Wednesdays:** 4:30 pm Digital Kids Quest Facebook, Website and YouTube

**Thursdays:** 7:00 pm Digital Spiritual Disciple Group (Zoom)

**March 27th** Food at First

**April 24th** Food at First



Our Little Free Library is currently doubling as a Little Free Food Pantry.  
Thank you to all who are helping with this.



## You Are Welcome Here!

Collegiate United Methodist Church and Wesley Foundation welcomes and affirms all persons without regard to gender, ethnic background, sexual orientation, national origin, age, physical or mental ability, **marital status, economic condition, or anything else which threatens to divide God's family.**

**The purpose of C/W is to build an inclusive community that invites all people to experience God's unconditional love, grow in faith, and serve others.**



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