

The

November 2021 Vol. 40 Issue 11

Communicator

Connecting People



Collegiate United Methodist Church
and Wesley Foundation
Ames, Iowa

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Weekly Email Announcement Deadlines:

Send Weekly Email submissions to mail@cwames.org by NOON on Wednesday. Type *weekly email* in the subject line.

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Cover Pictures: Taken on an early afternoon in late October.

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 mail@cwames.org and put “*Communicator*” in the subject line. If you have any questions, feel free to contact the church office at 515-292-6936.

December Communicator Deadline: November 17, 2021

Message from Pastor Mary

by Rev. Dr. Mary Lautzenhiser Bellon

In November we are always thinking about gratitude. We do so because, of course, here in the United States we celebrate our national Thanksgiving holiday. It is also the usual season for our church stewardship campaign which we align with a sense of gratitude. What is really interesting though, is how the recent work on gratitude by researchers, psychologists, journalists and spiritual teachers, shows that **consciously focusing one's thoughts and actions on gratitude and thankfulness** actually changes the brain, producing more feelings of happiness and wellbeing. Dr. Robert Emmons found in his research that a **regular practice of gratitude can "enhance well-being and satisfaction with life; lead to higher quality relationships; create better health and reduce symptoms of depression"**. John Kralik in his book, *A Simple Act of Gratitude*, decided to write a thank you note every day for a year. His story is about how over time, creating the 365 handwritten notes began to produce profound changes in his life. I have a friend who lists the things she is grateful for every day on her Facebook page. She is a photographer and accompanies each post with a beautiful photograph that she hopes depicts the feeling she is sharing. I find myself looking forward to her posts because they give me a lift.



As we here at Collegiate/Wesley move into the final two months of the year and look toward 2022, I hope we might individually and collectively begin to commit to a practice of gratitude. We who follow the teachings of Jesus and seek to remember how God is present to us should not need reminders to be **grateful. And yet isn't it true that all of us do? Perhaps it would help us in our spiritual walk to list three or four things we are grateful for each day, or commit ourselves to one act of kindness each day for which another person might experience gratitude.** Maybe we might borrow a page from John Kralik and begin to write thank you notes. At the very least we could offer a prayer of thanks to God everyday -- a personal thank you note to God. I believe that in order to have the energy and courage to deal with some of the hard things of life as well as the injustices we seek to remedy, having a practice of gratitude fortifies and gives us the strength we need. It probably also just makes us nicer people. The psychologists tell us it will make us happier people. Jesus tells us it makes us disciples.

This month we are going to spend some time in worship thinking about generosity and gratitude. On November 14th we will begin to build a loom of gratitude right in our worship experience to be completed on Gratitude Sunday November 21. We will be passing out ribbons on Nov. 7th with a label attached. You are asked to return these ribbons on the 7th or 14th or 21st with a prayer of thanksgiving for someone or something in your life or the world around us. Then during our worship times, we will begin to thread the loom with our prayers of gratitude. Also on November 7th, we will have a time to remember our saints who have passed away this year and be grateful for their lives among us.

I am personally grateful to be among you and to work with such an excellent staff. Lauren, Lindsay, Patrick, Emily, Janelle, Doug, Jason and David are people who remind me every day of how God shows up among us. And I appreciate all of you who give of your time and your prayers to the work of our ministries. I feel confident we will do what we must to financially fund our exciting ministry together. The journey is better for all of us because of all of us together.

Gratefully, Pastor Mary

Children, Youth & Family Information

by Lauren Loonsfoot, Director of Children, Youth & Families

Children's Sunday School

It has been such a joy to learn about Joseph with one another in October. As we move into the month of November we will start our unit on Moses. **Sunday mornings at 10:00 am we have children's Sunday School classes** from 10:00-10:45. Our classes are broken down into grade categories or Preschool, K/1st, 2nd/3rd and 4th/5th. Our elementary students rotate through Art, Drama and Science classes. We would love to welcome you anytime to a Sunday school class.



Youth Sunday School

This fall we are using some wonderful youth Sunday school curriculum for our Middle School and High School classes. Our Middle School class is learning about Holy Troublemakers and Unconventional Saints. High Schoolers are diving into the UMC Social Principles and having dynamic conversations about faith and justice. Youth Sunday school classes are Sunday mornings at 10:00 am on the 2nd floor of church.

Youth Group

Middle School Youth Group- Every other Sunday from 5:30-6:30 pm in the youth room. Dates for November: 14 and 28. December 12 and 19.

High School youth group meet every Sunday evening from 6:30-7:30 in the youth room.

*No youth group on October 31st.

Sunday School Needs

Sunday School helpers needed!

Do you have a passion for helping our younger generations learn about the love of God? We are adding more volunteers to our Sunday School team. We are in need of more volunteers for our Sunday School classrooms. You can find the sign-up here.

Please pray about ways that your gifts can be used in our Children's ministry areas. Contact Lauren Loonsfoot for more information lauren@cwames.org

Youth Ministry Needs

We currently have a need for additional help with the High School and Middle School Sunday School classes. We're looking to add to our team of adult leaders to facilitate on Sunday mornings. If you're interested in learning more please contact Lauren Loonsfoot lauren@cwames.org

Acolyte Sign-up

Acolyting is a fun and important way for children and youth to participate in worship. We are in need of volunteers. You can learn more about this important aspect of worship and find the sign-up [here](#).

Children's Christmas Program

This year's Children's Christmas program will be December 19th at the 9:00 am Worship service. We will start practicing for our parts on November 7th during the Sunday School hour. We would love to have your child participate. Please contact Lauren Loonsfoot lauren@cwames.org with any questions.



Sunday School and Youth Group Pictures



Worship Welcome Team

As of the end of October, we have trained over 40 people for the new Worship Welcome Team. This ministry is a vital piece of the Sunday morning worship experience. Thank you to those who have been a part of this incredible ministry! We appreciate you and your commitment to providing a welcoming space. If you are interested in being a part of the team, please email Lindsay Drake (lindsay@cwames.org). If you are ready to sign up for a spot, please use this link: <https://www.signupgenius.com/go/60b044ea4a82aa7f58-worship>.

Church Leadership

Another year is almost over. And wow, what a year! Collegiate/Wesley has a very committed group of leaders who worked tirelessly to help guide this congregation through a global pandemic. Thank you to those who said “yes” to the call of leadership.

We are still working to fill our nominations roster for 2022. If you have not filled out the How Can I Serve Form, please take a moment to do so. (<https://forms.gle/6CkVFTFaBrZKM9nx9>)



Joy Ann Winters volunteering for the worship welcome team on a Sunday morning.

North Central Jurisdiction Conference

On November 10th and 11th, the elected members from the Iowa Conference will be gathering virtually for a special called North Central Jurisdiction Conference. This body is responsible for the work, budget and election of Bishops for the annual conferences that make up the jurisdiction. This special conference will be focusing on crafting a covenant for the future of the UMC, dismantling racism, and discussing the episcopal leadership in the jurisdiction.

As a way to keep the congregation involved in the state of the larger UMC, a special conversation group will meet via Zoom on November 18th at 7:00. Everyone is welcome to join. Sign up at <https://cwames.churchcenter.com/groups/small-groups/resisting-harm-state-of-the-umc>.

Download the Church App!

We are excited to introduce you to the Church Center App! This app is available at your favorite app store at no cost. **Simply search “Church Center” and download the app.** You will need to type in our church name, and then you will be prompted to log in using your cell phone or email. Once you are in the app, you can access basic church information, any group you are associated with, online giving, and the calendar. For those of you who have opted into the digital church directory, this is where you can access it. You can also access all of the same information by using your computer browser and going to <https://cwames.churchcenter.com>.

Please contact Lindsay Drake or the office with any questions. Lindsay will also be available following worship to help anyone who needs assistance downloading and logging into the app. We hope you enjoy this new app as much as we do!

November Spiritual Formation Class topics:

November 7 "For All the Saints" led by Mike King

November 14 "Everything We Have is God's to Give" led by Mike King

November 21 "Many Are Called, but Few Get Up" led by Mike King

November 28 "The ADVENTure Begins" led by Mike King

Meeting at 10 AM Sundays in the Pine Room or via zoom.

If you aren't comfortable meeting in person and you haven't signed up for the zoom group, you can sign up here: <https://cwames.churchcenter.com/groups/digital-adult-sunday-school-classes/spiritual-formation>

Thank you!



Thank you to Cathy Halverson, Megan Fairall, and Barb Pedersen for sharing about Clothing that Works, Meal Train and the Little Free Food Pantry in worship on October 24th.

Thank you to Gerry Kennedy for sharing with our confirmation class about the history of Collegiate Wesley this month.



Opportunities to Serve

Worship Welcome Team! WE NEED YOU!

Now that we are back to worshipping in person, it is time to welcome members and guests back with the radical hospitality that Collegiate/Wesley has been known for. Because worship will look different than before, your ministry clusters have worked hard to create a new Worship Welcome Team to help people feel supported and welcomed when they enter the church parking lot, find their seats in the sanctuary and go forth back into the world. This new team is vital to opening up well.

We need a minimum of 10 people to fill the Worship Welcome Team roles for each service every single week. By popular demand, we will be offering a second Worship Welcome Team training. Those interested in welcoming people into our space are invited to learn about the new team. **This training will take place on Sunday, October 17th following worship.** Meet inside the west doors.

If you are interested in being a part of this team, sign up here (<https://cwames.churchcenter.com/groups/worship-support/worship-support-general-sign-up>).

If you are ready to sign up for a Sunday, use this sign up <https://www.signupgenius.com/go/60B044EA4A82AA7F58-worship>.

Contact Lindsay Drake with any questions. Thank you for making Collegiate/Wesley an incredible place to be!



Lunch on the Landing

We have a wonderful opportunity on Sundays during the school year to provide a meal to college students that join us for worship at Collegiate Wesley. We are looking for hosts for the upcoming school year to provide a meal for approx. 10-15 students after the 11:00 a.m. worship service.

We will be serving to meal to go in reusable containers.

It is fun to sign up with a friend, neighbor, or small group. Please let me know if you have any questions. Sign-up here [Lunch on the Landing](#) or contact Lauren Loonsfoot lauren@cwames.org

Finals Week Packages

We want to support our Wesley students with finals week care packages! Your support is so helpful! You can make a donation for this semester's care package on the [Collegiate Wesley Giving Page](#) or you can make a donation on Venmo. Our venmo handle is @Wesley-Center; thank you for your support for our Wesley students during finals!





Wesley Retreat

In October we had a great time at Dayton Oaks retreat center connecting, forest bathing, and learning more about one another. We're looking forward to a Spring retreat next semester.

How you can support Wesley students

1. Pray, for their health, their classes, their passions.
2. Sign-up to host Lunch on the Landing
3. Welcome them when you see them in worship. Donate to Finals week care bags.

Coming Up in Worship



Sermon Series

[8:00 Digital Worship + 9:00 and 11:00 Worship @CW]

www.cwames.org

Prayer Loom: November 7-21

During worship on November 7th, we will distribute ribbons to be used in building our Prayer Loom during the worship service November 14th and 21st. Ribbons will also be available on the 14th and 21st too. You are asked to write the name of a person or situation you are holding in prayer on a label that will be attached to the ribbon. During the worship services on the 14th and 21st, we will build the loom together and have it completed during Gratitude Sunday on November 21st.

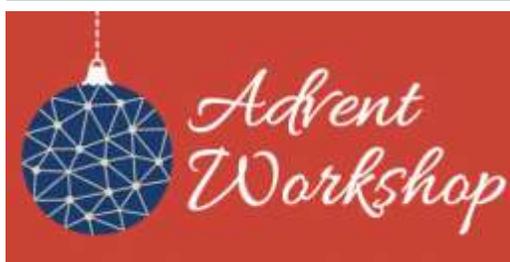
Helpful links:

For digital worship you can "tune in" on our [Facebook page](#) at 8:00 am to watch live.

You can also view a recording of outdoor worship and our digital worship anytime on our [Youtube channel](#) or [Digital Worship Page](#)

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. You can also share your prayer requests and give at that link.

Advent Workshop



The Advent Workshop will be held in person on Sunday, December 5, 1:30-4:30pm in the Annex Auditorium. Come join us for fun for all ages, and make some Christmas memories. Each family can make a fresh greenery wreath. There will be various crafts for individuals of all ages. If you would like to volunteer to help, contact Mary Buck at 515-460-4571 or maryeileen51@q.com.

November is Generosity Month!

This year we are celebrating Generosity throughout the month of November. Here are some dates you will want to get on your calendar:

SUNDAY, OCTOBER 31 (We couldn't wait for November, so we are starting one day early.)

- Jeremiah 29:10-12 **“The Plans of God”**

SUNDAY, NOVEMBER 7: All Saints Day

- Mark 12:41-44 **“From our Poverty”**

MONDAY, NOVEMBER 8

- Generosity cards will be mailed: please plan to fill these out and bring them to church on November 14.

SUNDAY, NOVEMBER 14: Generosity Sunday

- 2 Corinthians 8:10-15 **“The Economy of God”**

SUNDAY, NOVEMBER 21: Gratitude Sunday

- A celebration of the gifts you share with us - and the positive differences Collegiate/Wesley is making with them.

SUNDAY, NOVEMBER 28: First Sunday of Advent

- Our Advent theme this year is Hope.

Thanks to your financial gifts this year, Collegiate/Wesley continues to live into our Purpose: to build an inclusive community that invites all people to experience God's unconditional love, grow in faith, and serve others. Some highlights accomplished by those gifts include: online worship, in-person worship indoors and outdoors, college student activities (including a retreat), Vacation Bible School, Sunday School classes for children and adults, additional energy efficient windows, learning and fellowship groups, Food at First teams, middle and high school youth groups, vocal and bell choirs, high school mission trip, Wesley Hall renovation, confirmation class, Anonymous groups, Leadership Institute for staff, electronic doors locks, Adventures Preschool, new member classes, new computers and online equipment, and at-home communion.

Our church could not continue this life-changing work without your donations. Thanks for your ongoing financial support!



Thank you for helping us
celebrate and recognize
Dr. Carl Bleyle's retirement
on October 17th.

To most, the Fall season means football, pumpkins, and watching the changing colors of the leaves. To me, it signals the approaching heating season. Over the summer I have been rebuilding steam valves and replacing steam valves in rooms to increase the comfort and efficiency of our building. This is more important as many of you have seen the forecast for increased heating costs this season. By proactively replacing steam valves, it cuts down on wasted heat. The other major change that has happened is the addition of automation to our boiler management. We have added automatic testing and blow down on the boilers along with automated chemical management. Although there is still much human interaction with the boilers, this does help cut down on costs and helps extend the life of our system. While most of this goes on behind the scenes, it plays a big part in the comfort and efficiency of our building. So this winter when you step into the building, take a moment to think of all the systems that are required for us to have such a nice building. Stay warm friends!



Our Prayers

Prayers of Thanksgiving:

- for the ISU Class of 2020 graduates that were able to have a ceremony this weekend. ~ Katharine Rants
- for Joshua and Suzie Dobbs, celebrating 23 years of marriage on Sunday (Oct. 17).
- Susan and I are blessed to be celebrating our 23rd wedding anniversary with our church family in worship this morning (Oct. 17). ~ Joshua Dobbs

Prayers of Concern:

- For Bob Humphrey and family on the loss of Jean Humphrey. (Memorial services here at Collegiate on Monday, Oct. 11, 2:00 pm. Visitation at Grandon Funeral Home on Sunday, Oct. 10, 5-7pm.)
- For my brother-in-law Larry Bosch. Treatment for cancerous tumor in his neck. Started chemo last week. ~ Stephani Scherbart
- For an ISU student who lost a father last week (Sept. 30). ~ Elizabeth Bolstad
- Please include Jerry in prayers. He has an infection in his knee and is having surgery this afternoon. ~ Ann Sandine
- for Jane Woline's mom in Iowa City, fighting Covid.
- continued prayers for Carl Arbuckle as he continues in treatment.
- for Darra Johnson, continued healing
- for Jim Okey, hospitalized at Story County Hospital.
- for Diane Miles, waiting for an acute rehab to open up (in Colorado) – healing of lungs and patience in this journey with covid. ~ Henrietta Klarenbeek
- for the family of Betty Jo Wilcox, wife of former Collegiate/Wesley minister Wilbur Wilcox. Betty Jo's obituary can be found [HERE](#). Cards can be sent to: Rev. Paul Wilcox, 11406 Keating Ave., Burnsville, MN 55337.
- for (my cousin) John West and family. John had a serious heart attack last week. ~ Brad & Elaine Trinkle
- for Brian Halverson as he moves to New York City in November. ~ Cathy & Greg Halverson
- for the Arbuckle family



Prayer card from the October 3rd Care for Creation service at St. Cecilia Church.



CREATOR GOD.
Teach us to value and be attentive to the Earth.
Make our spirits sensitive to the cries of creation,
cries for justice from the hills and the trees.

CREATOR GOD.
Make our faith sensitive to the groans of the Spirit,
groans from the deserts, the plains, and the winds.

CREATOR GOD.
Make our souls sensitive to the call of our kin,
species in pain calling from land, sea, and air.

CREATOR GOD.
Teach us to care. Amen.

Adapted from *Let All Creation Praise* / www.letallcreationpraise.org

CREATOR GOD.
Grant us courage to observe a Sabbath for our planet.

I will do **ONE THING** this year for the common good:

- Look for fair trade labels
- Avoid buying products in plastic
- Compost food waste
- Learn a second language
- Listen to others- be curious instead of certain
- Repair clothes or buy secondhand
- _____
- _____
- _____



Celebration of Our Common Home / Oct. 3, 2019 / Annex III

Sending to Serve

Sending to Serve

As a congregation, we have many wonderful missional groups that we are committed to supporting financially. Listed below are the six organizations that we have set goals for missional giving for 2021. You are able to make donations online (or by a check sent to the church office) specifically to a certain mission or to general mission giving.

When you make a donation to the Emergency Residence Project, you are feeding and sheltering a family in our community. When you make a donation to Good Neighbor Emergency Assistance, you are helping pay rent for someone who may have lost their job. When you make a donation to Katherine Parker you help support her work in Nepal with community development and the healthcare system. When you make a donation to Women at the Well, you are donating to help women who are leaving prison have a community that can help support them through reentry. When you make a donation to AMOS, you are helping support affordable housing in Ames. When you make a donation to UMCOR (United Methodist Committee on Relief), you are helping a family prepare their home after a hurricane. Your support makes a difference. Thank you for your generosity.

Mission Giving for sponsored missions as of September 30th.

Bridge Home Total YTD donated \$1,175.00

Good Neighbor Emergency Assistance Total YTD donated \$535.00

Katherine Parker Total YTD donated \$1,385.00

Women at the Well Total YTD donated \$2,034.00

AMOS Total YTD donated \$1,114.00

UMCOR Total YTD donated \$ 165.00

At the end of the year sending to serve will divide the undesignated mission giving to the above organizations. Currently we have received \$3,289.60 in undesignated Funds.

Care for Creation Service

Thank you to Mary Jean Baker for her participation and all those that attended the Care for Creation service held on October 3rd held at St. Cecilia Church.



G.S. Nichols Scholarship

G.S. Nichols Scholarship Awarded

G.S. Nichols Scholarships provide financial aid to students from Collegiate/Wesley who plan a career of Christian service. A scholarship for the 2021-2022 academic year has been awarded to Jason Ellingson by the G.S. Nichols Scholarship Fund Board of Directors.

Jason is attending St. Paul School of Theology, a United Methodist Seminary in Leawood, Kansas. This fall he began the three year Doctor of Ministry program. Jason has been an active member of CUMC/WF, in Stephens Ministry, served on Administrative Council, and has volunteered in many activities.

G. S. Nichols Scholarships were established in 1959 to honor the long-time pastoral ministry of G.S. (Sam) Nichols, who served Collegiate United Methodist Church and Wesley Foundation for 25 years. Only the earnings from our funds are available for scholarships. We welcome and appreciate memorials, bequests, and other donations to increase the principal and interest generated.

In the 59 years since the first G.S. Nichols Scholarship was awarded in 1962, more than \$185,000 have been awarded to 53 students.

If you have an interest in serving on the G.S. Nichols Scholarship Board, or if you need more information, contact Paula Anderson, G.S. Nichols Board President, or Dean Phillips, Secretary/Treasurer.

Byrne Endowment Fund

Byrne Fund Fall 2021 Application Now Available

We welcome proposals for grant funding to support United Methodist associated groups and individuals in mission work, with an emphasis on international work as well as local missions. These funds are made available by the generosity of Dennis Byrne and his commitment to support mission projects that have at their core efforts acts of justice, compassion and mercy. The grant proposal process is coordinated by the Byrne Endowment Fund Team. The team meets regularly throughout the year to administer the proposal process.

* For the fall funding we are only able to consider International requests. You can find the application [here](#). For full consideration, submit grant proposals by Thursday, November 11, 2021.



Dennis Byrne
Endowment Fund

Byrne Endowment Fund Thank You: Wesley Woods

Video of Wesley Woods Project: <https://www.youtube.com/watch?v=GxtKlxhf17w>

On behalf of Iowa United Methodist Camps, thank you for your partnership in helping make sure kids and adults can learn about Jesus at Wesley Woods. We are honored that you helped us renovate the Beacon Cabin so that children, youth, exceptional persons and adults can continue to find the Holy Spirit in this sacred place. The impact of this gift will be felt by generations of campers in the future. Thank you!

AMOS

On October 18, Ames AMOS held an Action with Council/Mayor Candidates on Affordable Housing. Collegiate United Methodist Church and Wesley Foundation hosted the hybrid event that was attended by more than 50 people. CUMC/WF had a strong representation with 11 attending. As with any good action, there were powerful stories, moments of tension, and public commitments made to our agenda.

For a brief recap of the evening's events, please see this Ames Tribune story that was published this morning: [Ames Mayor John Haila, city council candidates answer questions on affordable housing \(link\)](#).

There will be next steps to continue to work on affordable housing. This will start with the Ames AMOS Livability Consortium which will discuss issues affecting livability in Ames and Story Co. This consortium will work to hold elected officials accountable to the commitments they made to AMOS, including forming the Task Force on Zoning and Regulatory Impediments to Affordable Housing. The first meeting will occur Tuesday, November 9th at 5:30pm via Zoom. We would like to have CUMC/WF continue to be well represented. So sign up via the [Livability Consortium Google Form \(link\)](#)

If you haven't already and would like to receive regular emails and updates from the Ames Cluster of AMOS, please sign up for our mailing list with our [Mailing List Signup Form \(link\)](#)



Volunteer Opportunities

FACT: Clothing That Works is an adult clothing closet for adults. We have clothing for ALL ADULT NEEDS.

MYTH: CTW is a clothing closet for people who need suits

FACT: CTW rarely gives suits away.

FACT: CTW shoppers need everyday clothing

FACT: CTW has been serving 30+ people every week.

FACT: CTW is always in need of donations. All clean, usable adult clothing is welcome. The most need right now:

Men's clothing/shoes and winter coats

Towels and blankets

Women's bras, shoes and winter coats.

Please come by and visit us at the Annex on any Wednesday, 2-5PM OR the first Saturday of each month, 9am-NOON.



Food at First Volunteer Opportunity

We have the opportunity to prepare and serve the daily meal for Food at First on the fourth and fifth Friday of every month. There are two shift opportunities 2:30-5:30 AND/OR 5:00-7:30 pm. Early shift volunteers work together on prepping and packaging the meal for service. Second shift volunteers help package the meal and distribute the meal outside, along with cleaning up following the meal. Coming up we are serving on **November 26th**. Prior to Covid, the dates CUMC committed responsibility to typically served 50-60 clients. The need has exactly doubled and we are now preparing for 100+, thus more volunteers would be welcome. This is a great opportunity to build community, have fun, and serve others. To learn more, email Lauren Loonsfoot at lauren@cwames.org or sign up at [Food at First Volunteer](#).

Donations Needed for the Little Food Pantry!

Nonperishable Little Food Pantry Suggestions (keeping those that are homeless also in mind):

Peanut Butter	Crackers
Canned fruit & vegetables with pop tops	
Individual fruit cups such as applesauce & peaches	
Raisins and other dried fruit	Tuna packets
Tortillas	Beef Jerky
Granola Bars	Plastic Silverware
Soap	Toothbrushes/Toothpaste
Deodorant	Shampoo
Toilet Paper/Kleenex	



Items can be placed in the Pantry at any time (beside the north Annex door) or in the marked container inside the west door of the church. We also collect for the LFP on communion Sundays. Thanks to all who donate to keep this mission helping many Ames residents each week.



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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