

The

February, 2023 Vol. 42 Issue 2

Communicator

Connecting People



Collegiate United Methodist Church
and Wesley Foundation
Ames, Iowa

Contact Us

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For more information, please visit our website: cwames.org

Facebook: facebook.com/cwames

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 the same day in late January. Back cover was taken (by Doug Warren) in the early morning while everything was still frosty. Front photo was taken in the afternoon after the frost was gone.

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.

March 2023 Communicator Deadline: February 20, 2023

Message from Pastor Mary

by Rev. Dr. Mary Lautzenhiser Bellon

This week a cruet to hold ashes arrived as well as the ashes we will use at our Ash Wednesday service in the sanctuary on Wednesday, Feb. 22nd at 7 pm. We move through the season of Epiphany to the Sunday of Transfiguration (Feb. 19) and then enter Lent with the distribution of ashes. This is a time we remember our mortality and the ways we need to let go of that which holds us back from living a grateful life. Traditionally, the palm fronds of the previous Palm Sunday are now burned to make the ash for the service. The ashes remind us of all who have gone before us and our place in the line of the faithful. They symbolize impermanence even while we as Christians believe in the continuation of the spirit. A while back I wrote a poem for Ash Wednesday that I share with you here:



Ash Wednesday

These ashes belong to some generation
that inherited the fire we lit this morning.

Last Easter's palms, wrinkled and darkened

light easily with a wooden match,
until we sift the remains into bowls with oil
to rub upon our memories, our losses, our regrets.

You might kneel today and someone smudges your forehead
while the ash bends into your mind,
so you can see again the brevity of your thoughts,
how they come and go, linger and slip away.

This ash upon you welcomes those who stand guard
in spiritual assurance; perhaps, your mother and father,
your grandfather, the first poem by your grandmother.
They are supporting your intentions, your need to kneel.

There is a time to kneel, whether to give thanks or weep:
close to the earth you can hear the water and heat below;
the ground upon which you rest is held deep in liquid,
and your body too, rivers held by skin and bone.

Someday the water in us will be free, and our minds, too, will flow
into the great galaxy of love and hope, where we might bless
our children and grandchildren as they kneel, remembering and knowing
they are fire, water and ash. There is a power, a healing, in that:
to know the mind of love is the string of the universe to which we are attached.

I hope to see you on Ash Wednesday, Feb. 22nd, at 7 p.m. in our sanctuary.

Pastor Mary

Worship During Lent

Coming Up in Worship

Feb. 5th Communion Sunday. The Scripture focus is Matthew 5: 13-16 where Jesus' Sermon on the Mount continues by comparing us to salt and light. Pastor Mary's sermon is, "Throwing Things Out". We will also have a short Service of Sending for Lauren Loonsfoot as she begins her maternity leave. Service begins at 10 am. Livestream available.

Feb. 12th Our ongoing exploration of the Sermon on the Mount continues as Lewis Cox brings the message regarding Matthew 6: 25-34. He will share with us about how to understand Jesus words, "do not worry about your life." Make sure you are with us to hear this message! Service begins at 10 am. Livestream available

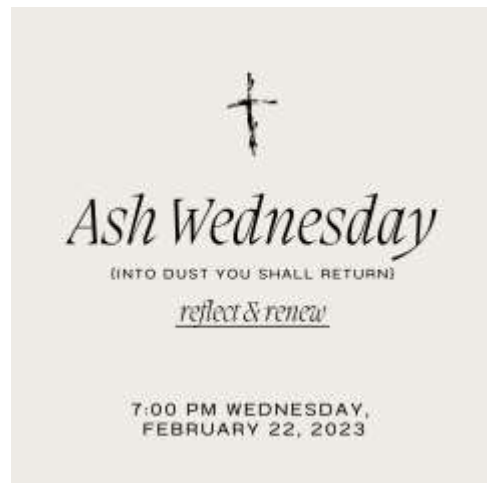
Feb. 19th Transfiguration Sunday. Pastor Mary will guide us up the mountain with Jesus, Peter, James and John where we will ponder the nature of Jesus' transformation into the complete light of God. The sermon will consider why Jesus is transformed right before their eyes. Service begins at 10 am. Livestream available

Feb. 22nd ASH WEDNESDAY. Join us this evening at 7 pm for a moving and contemplative service in which we will distribute the ashes, listen to readings that usher us into the season of Lent, and sing together. Pastor Mary will offer a short homily on Matthew 6: 1-6 called "The Privacy of Prayer." This scripture tells of Jesus reminding us to go into our rooms to pray in secret. Livestream available.

Feb. 26th THE FIRST SUNDAY OF LENT. We will view the first painting of the series in **The Creator's Sacrifice**. The paintings are by Indigenous artist Ovide Bighetty. This series takes us through the days of Holy Week, but we will use our Sundays in Lent to follow the days and the story of Jesus' Passion. Our Scripture lesson is Matthew 26: 17-30. We begin, then, with the story of Last Supper. Let us enter into Lent gathered, as Jesus' disciples first were, around the table with Him. Service begins at 10 am. Livestream available.

This **Lenten Season** we will focus on a series of paintings depicting the Passion of Jesus by indigenous artist Ovide Bighetty. The Indigenous Studies Program at Vancouver School of Theology compiled and named the paintings **The Creator's Sacrifice**, and put together a worship experience. The paintings are designed to take us through Holy Week. This year, we will use the worship material and paintings of **The Creator's Sacrifice** to walk through Lent.

To honor the indigenous tradition, Native American clergywoman Rev. Danira Parra will be with us one Sunday in Lent to lead our 10 am worship experience. She will also be leading a discussion during the Sunday School hour at 9 am. The Sunday we will welcome Rev. Parra will be announced soon. Rev. Parra comes to us from DaySpring Native American United Methodist Church in Illinois. I hope you will plan to be with us on this important and illuminating morning.



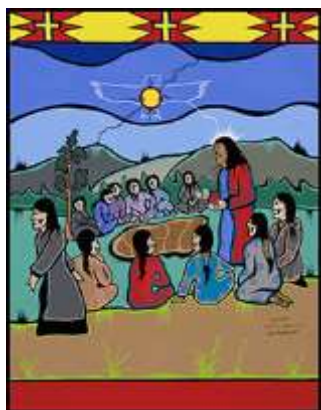
Lent 2023 Continued

About the Series:

Throughout the season of Lent, we will explore a painting of Ovide Bighetty each Sunday and follow the Scriptures that guide us through the Passion of Christ to the triumph of Easter. The services will include a reflection and a series of probing questions to take with you into your week. I believe it will be a deepening time of experiencing in a new way the love and sacrifice of Jesus' life, ministry and final resurrection.

About the Art:

Ovide Bighetty was born in 1969 in Pukatawagan Manitoba Canada. He is a Cree Missinippi- Ethniwak self-taught artist well known for his various painting series. In 2002, Indian Metis Christian Fellowship (IMCF) commissioned Ovide to depict the vision that an elder had of Kisemanito Pakitinasuwin - The Creator's Sacrifice; the Easter story or the Passion of Jesus Christ. Ovide accepted the challenge to paint the story in a fashion consistent with both the accounts in the gospels and aboriginal culture. Ovide painted the elder's vision of the Easter story in his own aboriginal style which he describes as 'Woodland Cree'. The setting for this Christian aboriginal artwork is the pre-European landscape of Ovide's childhood home, Pukatawagan First Nation, Manitoba, Canada. Bighetty's paintings are based on spirituality, stories and symbolism passed down by elders. He's well known throughout the Canadian provinces, and Europe. Ovide passed away March 20, 2014, and his artwork continues to make an impact. You can view and purchase his artwork online [here](#).



Lenten Groups

During Lent, Pastor Mary is offering a **four-week series on grief**. We will explore naming our losses, sudden and unexpected losses, life after loss, and the spirituality that takes us through loss. If you would like to join this group, please contact Pastor Mary at Mary@cwames.org

Tentative schedule: Wednesday evenings March 1, 8, 15 and 22 at 7 pm. Zoom option will be available.

Livestreamed Worship

Helpful links for watching our worship services:

For our livestreamed worship, you can "tune in" on our [Facebook page](#) at 10:00 am to watch live.

You can also view the service 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 the same link.

Children, Youth & Family Information

by Lauren Loonsfoot, Director of Children, Youth & Families

Vacation Bible School

Sunday June 4th– Wednesday June 7th 5:00 pm free meal, 5:30-7:30 rotation stations. Join for a time of **music, games, science, art and fun!** About the theme: **Mending God's World.** During this exciting program, kids learn to be menders of the universe as they explore the daily themes of Feed, Heal, Forgive, Pray, and Rest. Register today [here](#). Volunteers needed, sign-up [here](#).

Elementary Service Trip

The elementary service trip is open to current 2nd-5th graders along with an adult chaperone to attend a two night service trip followed by a Saturday fun day activity. This year we are looking at traveling to Waterloo again for a our time of service and fun. The dates will be June 15th-17th If you are interested in attending you can register [here](#). More details to come as we continue to plan.

Youth Summer Service Trip

This year we will be doing a combined middle school and high school service trip. We're looking into serving in the Madison, Wisconsin area from July 24th-July 28th. Interested participants can register [here](#).



Children Sunday School

On Sunday mornings we have opportunities for children preschool-5th grade. We gather upstairs in our Sunday school wing. You can register for Sunday School [here](#).

Youth Sunday School

Sunday School for Middle school and High school students is available during the Sunday school hour starting in the youth room on the top floor of the building.

Youth Group– No Youth Group Feb. 5th or March 12th and March 19th.

Super Bowl party– Sunday February 12th!

Middle School (Sunday evenings 6:30-7:30)

High School (Sunday evenings 7:30-8:30)

Youth Bells

Middle School Bells (Sunday evenings 5:30-6:30)

High School Bells (Sunday evenings 6:30-7:30)

Children and Youth Pictures from January



Adult Small Groups and Sunday School Opportunities



Adult Sunday School Classes

Something for everyone!

Join an Adult Sunday School or Small Group!!

This year, like every year, Collegiate/Wesley is offering a robust adult program. There are still adult Sunday school classes, but this year, because of the flexibility that online groups provide, not all groups will be meeting on Sunday morning. There are also various midweek opportunities, as well. Make sure to check out the website for all of the details for your favorite old or new classes.

All class information can be found at <https://cwames.churchcenter.com/groups>

Spiritual Formation will have the following schedule for February:

February 5: "Freedom From Oppression" Led by Mike King

February 12: "Don't Worry About Your Life" Matthew 6:25-34 Led by Mike King

February 19: "Don't Tell Anybody" Matthew 17:1-9 Led by Mike King

February 26: Start of the series "Reflections on the Creator's Sacrifice" Led by Mike King

Meeting at 9 AM Sundays in the Pine Room or via zoom, masks welcome, but not required. Masks encouraged if you've been travelling. 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>

Camping Information

The 2023 camping season is coming up fast! The Iowa United Methodist Church has two camp locations, Camp Okoboji and Camp Wesley Woods.

To pick your camp, download the [2023 Summer Camp Catalog](#) and [register today](#) for an adventure of a lifetime!

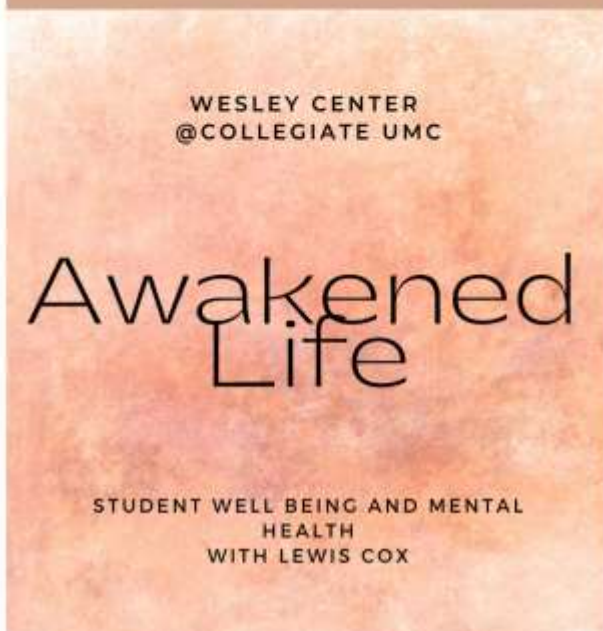
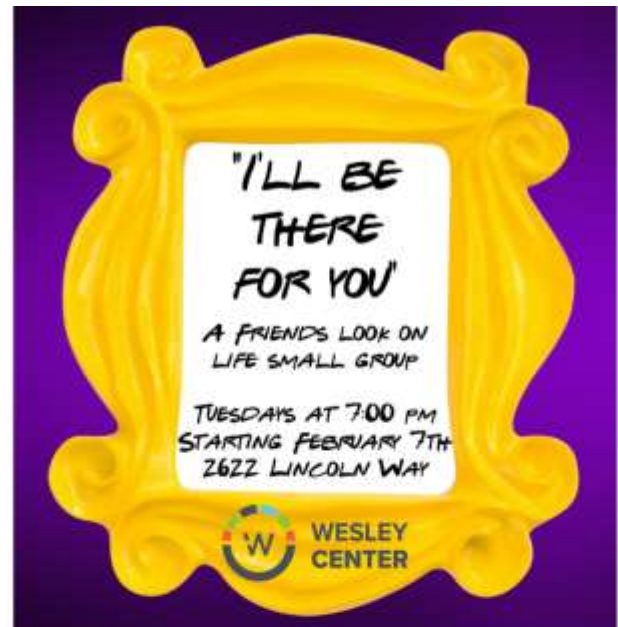
Collegiate Wesley will cover 25% of registration costs for campers. Check it out today!



Wesley

Hello from Lewis!

Hello All, if we have not met yet, I'm Lewis Cox and I serve as the Campus Minister here at the Wesley Center. I found my call to ministry being a part of an on-campus student-led ministry in high school and have a passion for faith formation alongside the student experience. Some of the basic facts you should know is that I am an Enneagram 7, Coffee lover, and at one point I was going to live in a school bus but life choose other paths for me. I am finishing up some work in Chaplaincy at a hospital in Des Moines and will be transitioning to full-time work at Wesley in Mid-February. Once you get settled into the campus and life, I would love to connect with you over a coffee, a zoom call, or whatever is convenient. Please reach out to me at lewis@cwames.com or through my office phone number of 515-815-6510. To make scheduling easier for me I use an app so if you ever want to find a time to connect the quickest way to do that is at <https://arrangr.com/campusministercwames>



Endowment Board

What Could You Do For CW With \$80,000?

The Collegiate United Methodist Church / Wesley Foundation Endowment Board is offering \$80,000 in grant money to CW. Grants are to be used to contribute to the ministries of CW in one of three ways. The options are

- Underwriting new or existing programs / ministries
- Supporting a mission project of CW or the Iowa Annual Conference
- Making capital improvements to the CW campus

Clusters, committees, small groups, individuals, and boards of CW are invited to submit grant requests to assist them in advancing the mission of CW. The 2023 grant application <https://forms.gle/gy6pctjsgzrhiWoc6> is now available. Applications need the approval of a CW cluster, committee, or board. Not all of them meet every month, so do not delay in starting the application process. If you have questions about the application contact endowmentboard@cwames.org for assistance. The deadline for submitting requests is March 31, 2023. Applications will be reviewed in April and recipients will be notified by the end of April.

Our New Bishop's Installation



The Iowa Annual Conference invites you to welcome
Bishop Kennetha Bigham-Tsai
INSTALLATION SERVICE
Ames Collegiate UMC
Sunday, February 19 at 3 p.m.
Light refreshments and fellowship to follow the service

Bishop Kennetha J. Bigham-Tsai's installation service will be on February 19, 2023, at Ames, Collegiate United Methodist Church & Wesley Foundation at 3:00 p.m. There will be a reception following the service. Bishop Bigham-Tsai was assigned as the resident bishop for the Iowa Area, effective January 1, 2023. She was elected to the episcopacy at the 2022 North Central Jurisdictional Conference in 2022. The theme for the installation service will be "Remembering Who We Are." "The service will focus on who we are as United Methodists and who we can be together as an Iowa Annual Conference," Bishop Bigham-Tsai noted. "We must remember that we are a people who center grace. All are welcome at our table." Bigham-Tsai is the first African-American woman assigned to the Iowa Annual Conference of The United Methodist Church. The Iowa Annual Conference is home to about 740 congregations.

Trustees

by Doug Warren, Facilities Superintendent

Snow, snow, snow. I'm sure that you're all tired of hearing that word... so am I! Around this time of year we catch ourselves dreaming about that white sand beach vacation. But most of us are stuck here in Iowa, dealing with a lot colder white powder. I often get asked about the snow here at the church and all the work required in dealing with it. It definitely is a big job for a large facility. One of my favorite quotes comes from my predecessor, Larry, "I've got a shovel that fits your hand!" While that phrase is most certainly true, the usual goal is to have all the snow gone before anyone else would be able to. Snow and ice removal here at the church is a multi-person and multi-equipment job. We have a company that plows the lots and assist with the sidewalks and stairs on the big snows, but it is usually me. We have a walk-behind snow blower and a lot of snow shovels. Some days that means starting at 4am, if there are events going on at the church. Heavy, wet snow, like we had recently, is much more difficult. For instance, it took a bit over 4 hours just to have the lots plowed! This can be complicated by both car and foot traffic. While people think that I like warm, sunny days to help melt the snow and ice, I do not. Warm days seem nice, but they lead to a need for chemical de-icers on the front sidewalk every morning due to refreeze. While snow and ice removal is not my favorite thing to do at the church, it is always rewarding to look around after and see the transformation.



Good Neighbor Concert

A Good Concert with a Good Neighbor

On Sunday, March 26 Collegiate/Wesley will be the host site for the 25th Annual Good Neighbor Concert featuring several Ames area Church and Community Choirs, including our artists in residence, the Ames Children's Choirs.

Several choirs will offer solo selections and the concert will feature some special music. The closing piece will be sung by all massed participants and shares the title of this event: "You Do Not Walk Alone." This stunning piece is a modern choral work by Iowa native Elaine Hagenberg, whose music has been sung here at Collegiate/Wesley and in venues all over the world.



We will celebrate two anniversaries at this concert; the first is the 25th anniversary of the GNEA Choral Concerts, finally energized after three years of silence. Second, 2023 will mark the 50th annual Masterwork here at Collegiate/Wesley. We will perform the Requiem by Gabriel Fauré featuring soloists from the Iowa State University Department of Music and Theater, and a full orchestra featuring members of the Des Moines Symphony.

Good Neighbor Emergency Assistance was founded to provide emergency assistance for Story County residents, with dignity, encouragement, and support.

Please join us at **2:00 pm on Sunday, March 26** for this important celebration.

Our Prayers

Prayers of Thanksgiving:

- for volunteers at Food at First on Friday 12/30: Jodi Risdal, Ann Sandine, Dee Dreeszen, Sally Wilson, Dean Phillips, Erik Anderson, Stephanie Hamilton, Janelle Keltgen, John Lauridsen, Janell Eby, Marjy Howe, Tara, Eric, and Vivienne Anderson, Mike Parsons, Robert and Lillie Allie, Laura Weltha, and Amy Rudolph.
- for the life of Sue Scott. ~ Tim Garner

Prayers of Concern:

- for the family of former church member Laura Cook. Laura's obituary can be found here. Her services are on Tuesday, January 10, visitation at 10am and the funeral at 11.
- for the family of Sue Scott, who died on Tuesday, January 3. A private funeral service will be held on Thursday, January 12.
- for Kathryn Whaley, daughter of Kitty Lamont, recovering from surgery in Rochester, MN
- for the family and friends of George Burnet.
- for Eldon Weber, for healing.
- for Jeannie Weber, preparing for surgery.
- for my brother, Jeff Keltgen, who will be receiving a marrow transplant this week. ~ Janelle Keltgen



Welcome Michael!

On Sunday, January 22nd we welcomed Michael Eric Smith into God's family with his baptism. Michael is the son of Ashley and Ian Smith and younger brother to Stella.

If you have any questions about Baptism or membership please reach out to Pastor Mary mary@cwames.org. She would be happy to talk to you about getting connected.



Text-To-Give

Text-to-give: Using your smartphone, simply text the amount you want to give to 84321. You will receive a text message that helps you through the process of identifying Collegiate/Wesley as the church to whom you would like to give, logging into your profile, adding or selecting a payment method, and submitting a donation. After the initial setup, next time you want to donate it's as easy as texting the amount you want to give to 84321.

Ways to give

At Collegiate Wesley, your giving makes a difference in our community.

- 1 Text-to-give:** Using your smartphone, simply text the amount you want to give to 84321
- 2 QR Code**
- 3 Website:** You can give anytime on our website cwames.org (under give for general giving or mission giving).
- 4 A physical donation:** place a donation in the offering plate on Sundays or mail your donation to the office.

Volunteer Opportunities and Donations Needed

Clothing That Works is a mission of Collegiate United Methodist Church and Wesley Foundation. Have you ever been to CTW for a visit? It would be worth your time to see how CTW helps people in need in our community. CTW is open every Wednesday 2-5pm and the Saturday of each month 9am-noon.



We have the best volunteers!



Food at First Volunteer Opportunity

Food at First has moved back to serving a hot meal inside the dining room at First Christian Church. 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 3:00-5:30 AND/OR 5:30-7:30 pm. Early shift volunteers (we need 6 volunteers for this shift) work together on prepping the meal for the evening.

Second shift volunteers (we need 10 volunteers for this shift) help serve the meal along with cleaning up following the meal.

Our next opportunities to serve are **February 24 and March 24**. 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](#).

Little Food Pantry

"No act of kindness, no matter how small, is ever wasted." -Aesop

The Pantry is being heavily used during the cold winter months. It is typically emptied in only a day or two. Your donations are critical to many who look to the Pantry for help.

Toothbrushes, toothpaste, deodorant, shampoo, toilet paper, crackers, pop-top meals, pop-top soups, macaroni & cheese, and peanut butter are most needed right now. Currently there is a large supply of canned vegetables. Since items in the Pantry will freeze and burst during the cold winter months, boxed foods are good choices right now.



Throughout the week, please take your donations straight to the Little Food Pantry or place them in the **collection bin inside the church's west door**. Contact Marti at melston8@gmail.com with questions. Thank you again for all your support!

Sending to Serve

Lenten Special Offering:

Students can face challenging and unique barriers throughout their experience **working towards a college degree. Whether it's navigating mental health,** identity development, personal or medical concerns, Iowa State University has resources and support available to assist students with overcoming their individual obstacles. One of those resources is the Office of Student Assistance who through their work, coordinate the care and support students need for academic success and personal wellbeing. Specifically, their office follows up with students hospitalized for mental health crises, supports students and bystanders navigating loss and its intersection with their role as a student, and facilitates response when an ISU student dies.



Student Assistance has a Crisis and Program Enhancement fund which was started by a gift from Paul and Lisa Niebuhr after their son Evan died in an auto accident. Any giving received during this campaign would be used by the Student Assistance team via this fund to enhance services to students/families in a variety of ways. Specifically, targeted outreach and support to some students navigating significant challenges, follow up with those students, and creating resources otherwise not available given funding parameters at Iowa State.

We'd invite you to give generously to this program during the season of Lent. The impact is great and the need is huge. You can make a donation online at our website, by mailing a check to the church office or placing your donation in the offering plate using a Lenten Special Offering envelope. Thank you so much for your support!

Thank you! Food at First Special Offering

Thank you for your generous donations during the last two weeks of January. With your help we were able to raise \$577.00 for Food at First. You can make a donation at anytime to any of our missions on our website under the give tab. Thank you for making an impact!

Bridge Home Board Rep Needed

We are proud to partner with the Bridge Home as committed community partners. One of the joys of that partnership means we have the opportunity to lift up a name for a board member to serve on the Bridge Home board of directors. This responsibility is a great and beneficial one. It does take additional time and commitment not only to the Bridge Home but also to Collegiate Wesley. We are currently seeking a Collegiate Wesley member to fill the board role. If you are interested in learning more about this opportunity please fill out this [interest form](#) for our Sending to Serve cluster.



You can learn more about The Bridge Home on their website www.thebridgehome.org.

To view their January newsletter click [here](#).

Thank You Message

Thank you!

Thank you so much to our church family for the love and support at our baby shower on January 22nd. We are so thankful for the love you have shown our family. We are looking forward to welcoming our third son in February. Special thank you to Amanda Winter and Jill Vauthrin Brand for organizing the event. Love, Bryan, Lauren, Zayden and Emry





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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