

The  
*Communicator*

June, 2023 Vol. 42 Issue 6

Connecting People



Collegiate United Methodist Church  
and Wesley Foundation  
Ames, Iowa

## Contact Us

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## Weekly Email Announcement Deadlines:

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

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Cover Pictures: taken mid-May

Right: Our moose, enjoying the spring blooms.



## 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](mailto: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.

July 2023 Communicator Deadline: June 20, 2023

Recently a friend of mine who is a pastor in the Iowa Annual Conference wrote an article about sabbath rest. She spent some time differentiating that from just being lazy! I think it is true that in the hustle and bustle of our lives, when we slow the pace, relax a little or take time to have some fun, we may worry that someone will say we are just being lazy. And, who knows, maybe someone will indeed accuse us of that. But if so, remember that in the Bible, an **alternative word for the devil is “The Accuser.” Perhaps it is the “devil” who really tempts us from not taking time to enjoy our lives and our families, to rest from the pressures we live with and to restore ourselves when necessary. In those moments we should be saying with Jesus, “Get behind me Satan!”** Because rest and restoration, the sabbath of life, is so essential to good spiritual, emotional and physical well-being.



**This June we will move our worship out onto the back lawn practicing the theme, “Won’t you be My Neighbor?” We will be informal, with our band and shorts and T-Shirts!** We will begin worship at 9 am followed by refreshments and conversations. The kids might enjoy chalk drawings on the side walk after church. This is a service where you are invited to bring a lawn chair or a blanket, and we are going to worship in a relaxed manner! Our worship in the months of June and July will be a time of Sabbath in every way! I hope you will be sure to join us!

During June 4th -7th , Lauren Loonsfoot will be leading our Vacation Bible School from 5:30-7:30pm. This is a wonderful and delightful time of music, games, science, art and fun! The theme this year is **Mending God’s World. I always think that Vacation Bible School is perfect example of relaxing and having fun while learning and growing!** I hope you will sign your children and grandchildren up, invite your neighbors, and offer to volunteer for this amazing program.

Also in June, the summer service trip for the elementary grades takes place!! This is always an incredible time of growth and friendship as the children learn the value of mission.

Please notice that on June 11th we will take Communion together and Lewis Cox will consecrate the elements as one of his first acts as a Commissioned and Probationary Elder. Following the service, we will have a reception for Lewis to welcome him as Associate Pastor and Campus Minister and to celebrate his milestones of graduating seminary and being Commissioned. Please set aside this morning to be with us!

Following the reception for Lewis on June 11th , my husband and I will be traveling to Mesa Verde National Park and then the Grand Canyon, coming back through Sante Fe. I will be taking a Sabbath rest by going on this adventure to the Southwest. While I am away, Pastor Lewis will be providing all pastoral care and covering emergencies.

**Be with us this June as we orient ourselves to the relaxed pace of summer and celebrate God’s love and grace together in worship, VBS and service.**

Pastor Mary

# Children, Youth & Family Information

by Lauren Loonsfoot, Director of Children, Youth & Families

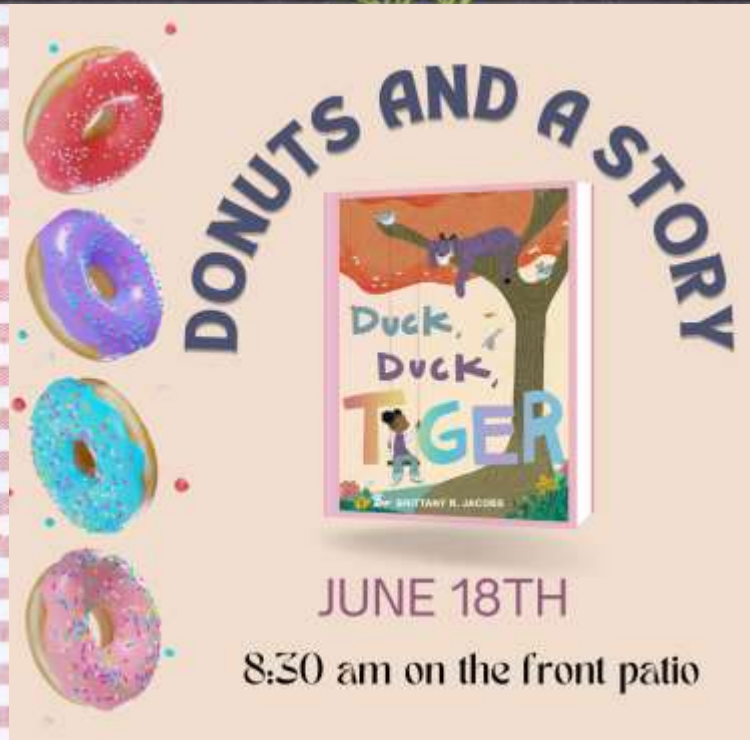
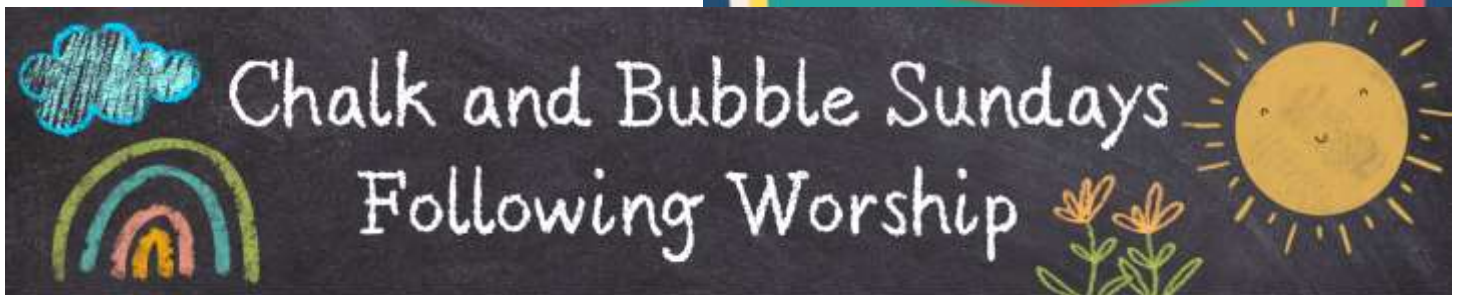
## Vacation Bible School

Sunday June 4th– Wednesday June 7th 5:00 pm free meal in Wesley Hall, 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 still:

- Slide Tech (run our PowerPoint slides for music)
- Meal helper (help set-up and clean-up after the meal)
- Shepherds (rotate with a group to the various stations)

To volunteer sign-up [here](#).



# Photos from May Activities



**FOR A CURRENT LISTING OF OPEN SMALL GROUPS VISIT:**

[cwames.churchcenter.com/groups](http://cwames.churchcenter.com/groups)

## Summer Book Club

### **Kitchens of the Great Midwest**

Written by J. Ryan Stradal

Book Club Gathering to discuss the book  
and pot luck meal on  
July 30th at 5:00 pm. Fireside Room



Sign-up on our website under,  
Get Involved, Groups @ [cwames.org](http://cwames.org)

**CAPITAL CITY PRIDE**

**Parade in  
DES MOINES**

**JUNE 11TH @ 12:00 PM**

**JOIN US!**

CONTACT LEWIS  
(LEWIS@CWAMES.ORG)  
IF YOU'D LIKE TO ATTEND  
WITH COLLEGIATE WESLEY

You can be the FIRST to "christen" our new CUMC/ WF parade banner in its debut appearance at the Capitol City Pride Parade on Sunday, June 11! Collegiate UMC/WF will be walking alongside Walnut Hills UMC of Urbandale at the annual parade in Des Moines. The parade starts at noon near the capitol and parade line-up is at 11 am.

This is a family-friendly event and everyone is welcome to participate. We'll have sign-up sheets at the next two Sunday services or you can email Lewis Cox at [lewis@cwames.org](mailto:lewis@cwames.org) to sign up. If there are enough participants, we can carpool in Gus the Bus from the church.

Show your support for the LGBTQ+ community in a fun and affirming way!

# Help Us Connect With you!

**We want to stay connected with you! We invite you to let us know the best ways to be in contact.**

Scan  
the QR  
Code

OR

Text "Update"  
to  
515  
292 6936

  
**COLLEGIATE**  
UNITED METHODIST CHURCH  
AND WESLEY FOUNDATION



## Coming in Worship

### **WORSHIP, JUNE-JULY 2023: WON'T YOU BE MY NEIGHBOR? 9 AM**

WE WILL BE WORSHIPING OUTDOORS ON THE SOUTH LAWN AT 9 AM – PLEASE BRING A LAWN CHAIR OR BLANKET. IF IT RAINS, WE WILL GO INTO THE SANCTUARY.

June 4: Rev. Henrietta Klarenbeek, guest preacher: Be Kind to Strangers. Colossians 3:23  
**Lauren Loonsfoot: Children's Message and Prayer Time**

June 11: Patrick Gagnon, message: Make a Joyful Noise. Psalm 100,  
**Pastor Lewis: Children's Time, Pastor Mary: Prayer Time; Service of Communion**

June 18: Pastor Lewis, message: Tell the Truth, Ephesians 4: 25  
**Lauren Loonsfoot: Children's Time, Pastor Lewis: Prayer Time**

June 25: Lauren Loonsfoot, message: Connect with Other People Every Way you Can,  
1 Corinthians 12:12-26  
**Pastor Mary: Children's Time, Pastor Lewis: Prayer Time**

July 2: Pastor Mary, message: Love your Neighbors, Matthew 22: 37-39  
**Pastor Lewis: Children's Time, Pastor Mary: Prayer Time; Service of Communion**

July 9: Patrick Gagnon, message: Find the Light in the Darkness, John 1: 1-5  
**Lauren Loonsfoot: Children's Time; Pastor Mary: Prayer Time**

July 23: Pastor Mary, message: Accept the Changing Season Ecclesiastes 3: 1-8  
**Pastor Lewis: Children's Time, Lauren Loonsfoot: Prayer Time**

July 30: Lauren Loonsfoot, message: Share what you've Learned, 1 Timothy 6: 17-19  
**Pastor Mary: Children's Time, Pastor Lewis: Prayer Time**





# 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.

# CW Gardening Committee

## Become a Prestigious Down and Dirty Crew Member!

CUMC relies on the best grungy volunteers around to maintain the grounds for members, and to make a beautiful first impression for visitors. We play in the dirt by planting, watering, weeding, and pruning, typically May through September. Allergic to weeds? No problem! Sign up to water one day a week on your own schedule. There are lots of options for jobs!

*Join your fellow crew members Wednesdays, 6:30 pm, on the south lawn to tackle the priorities for the week. (We'll also have some fun!) And, if you can't make it every week, the crew will be happy to see you whenever you can join us! Families, bring your Mini Down and Dirty crew members to volunteer with their parents.*



## Trustees

by Doug Warren, Facilities Superintendent

Lights! Camera! Action! We are a go for outdoor worship and outdoor livestream! Last fall, Collegiate/Wesley opened its sanctuary to the world via our livestream worship service. It brought us great joy to see how we could reach beyond our sanctuary walls and into the homes and hearts afar. Our livestream community continues to grow with a weekly attendance of over 100 people! Keeping our digital community going during the summer became a high priority this spring to get everything worked out. Not only for our regular livestream community, but for those traveling for summer or otherwise unable to attend. Through the hard work of our CUMC/WF Tech team, we were able to make this happen! So, if you're a regular digital attendee, or a first time guest, join us Live at 9 am on Sundays, or watch anytime it's convenient, on Facebook or YouTube! If you're here in person and feel called to serve in the A/V ministry, we are welcoming new people always, no experience needed at all! Just send me an email at [Doug@cwames.org](mailto:Doug@cwames.org).



## Staff Parish Relations Committee

*"Lewis will graduate from seminary on June 3rd and be Commissioned as a Probationary Elder in the Iowa Annual Conference which is June 4. This gives Lewis the ability to serve the sacraments in his appointment with us and to serve as our Associate Pastor and Campus Minister under appointment by the Bishop. It is the next step in his journey to be ordained. In no less than 2 years and no more than 8 years, Lewis will apply for Full Membership with the Iowa Annual Conference and be ordained as an Elder. Once Lewis is an Elder he receives tenure with the United Methodist Church and can serve on various Boards and Agencies as an Elder such as the Board of Ordained Ministry or the District Board of Ordained Ministry."*



**You are invited to support Lewis at his June 4<sup>th</sup> commissioning!**

Lewis Cox, our new campus minister, will be commissioned as a Probationary Elder **in the United Methodist Church during this year's Annual Conference. We want to have a group there to show our support.** Sunday June 4 at 9:00 am at the MidAmerican Energy Company Rec Plex, 6500 Grand Ave., West Des Moines, IA. (Arrive at 8:30 am.)

**Join us at CUMC/WF for a Celebration!**

Date: Sunday, June 11<sup>th</sup>

Time: 10 am, after the 9 am service

Place: The Gathering Space (indoors)

Food: a light snack

## Sending to Serve

Thank you United Way Food Drive

Thank you Collegiate Wesley and Friends for donating 177 pounds in donations to the United Way Food Drive this May! This year they broke records in donations!

From the Story County United Way Facebook page: "The 2023 LIVE UNITED Food Drive was record-breaking. In fact, we exceeded last year's records by A LOT. With donations still coming in, we are already at 21,119 pounds of food and hygiene items and more than \$19,500 contributed! Story County, you never cease to amaze."



**JUNE  
SPECIAL  
OFFERING**



**Iowa Trans Mutual  
Aid Fund**

**JUNE 25TH  
IN WORSHIP**

**TRANS RIGHTS ARE  
HUMAN RIGHTS** 

**summer  
service  
trips**

**ELEMENTARY  
GRADES 2ND-5TH**  
June 15-17  
Waterloo, Iowa

**YOUTH- MIDDLE AND  
HIGH SCHOOLERS**  
July 24-28  
Madison, Wisconsin

**EMAIL LAUREN@CWAMES.ORG  
TO REGISTER!**

## Our Prayers

### Prayers of Thanksgiving:

- I'm starting a new job with better hours and nicer boss. ~ Stewart Jackson
- that my son, Warren from CA is worshipping with me. ~ LaRue Clark
- My daughter Susan is getting better with her cancer. She wants to thank all of you for your prayers. ~ LaRue Clark
- My friend with tongue cancer had successful surgery and is recuperating at home. ~ Deborah Blaedel
- for the following volunteers from Food at First on Friday, April 28: Bev Kruempel; Brenda Allen; Paul and Mary Ann Lundy; Dean Philips; Dee Dreeszen; Sally Wilson; Kay Craig; Brad Brinkmeyer; Marjy Howe; Robert Allie; Eric, Tara and Vivienne Anderson; Tom and Betty Barton & Ann Sandine.

### Prayers of Concern:

- for Lavonne Rus-Ogilvie and family in the loss of her mother, Jean Rus. You can find Jean's obituary [here](#).
- for Jackie Manatt, who has gone into hospice care.
- for Lori Kappmeyer and family on the sudden loss of her husband, Bob. Services were held at Adams Funeral Home on Friday, May 19. Bob's obituary and service times can be found [here](#).
- Prayers for strength for transgender young people and their families who have been targeted by anti-trans legislation in Iowa and other states in our nation. ~ Tim Garner
- What can be done about this country of mass shootings? Prayer certain, but action also. ~ Anonymous
- for the family of my cousin Doug, who was killed in an accident this past week. ~ Barbara Munson
- Brad and Elaine Trinkle on the recent loss of Evelyn Trinkle, Brad's stepmother.



## 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](http://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 Requested

## Clothing That Works

CTW is open every Wednesday 2-5pm and the first Saturday of each month 9am-noon. Good, clean adult clothing and shoes may be dropped off during CTW's open hours or placed in the marked collection box in the church's west hallway.



## 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 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.

The next opportunities to serve are June 23 and 30. This is a great opportunity to build community, have fun, and serve others. To learn more, email Lauren Loonsfoot at [lauren@cwames.org](mailto:lauren@cwames.org) or sign up at [Food at First Volunteer](#).

Food at First is located inside First Christian Church, 611 Clark Ave., Ames

## Little Food Pantry

*Food and personal supplies are needed every single day!*

*Small or hotel size of:*

Toothpaste                      Deodorant  
Shampoo                         Conditioner

*Pop top cans of fruit, vegetables, pasta meals*

*Peanut Butter*

*Crackers*

*Healthy alternatives are also appreciated.*

*Donations can be left in the container inside the west door of the church or in the Pantry itself.*

*To make a monetary donation, go to <https://cwames.org/give/>, click on Giving Website, scroll down to Missions and write in "Little Food Pantry" with the amount you would like to give. Thank you.*



## An Opportunity to Help Our Neighbors

On Saturday, June 10, ASIP (Ames Sanctuary Interfaith Partners) will collect clean redeemable cans and bottles in the Bethesda Lutheran parking lot (1517 Northwestern) for our friend an Honduran refugee. There will be a pickup there from 7:30am to 5:30pm to receive your donations. The Ames bottle and Can redemption center will provide a check for the redeemables collected that day. Please spread the word. Thanks for helping others!



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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