

The
Communicator

July, 2023 Vol. 42 Issue 7

Connecting People



Collegiate United Methodist Church
and Wesley Foundation
Ames, Iowa

Contact Us

Phone: 515-292-6936

Email: mail@cwames.org

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 in mid-June

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.

August 2023 Communicator Deadline: July 20, 2023

Message from Pastor Mary

by Rev. Dr. Mary Lautzenhiser Bellon

July tilts us toward the second half of the year. It's a good moment to pause and ask ourselves how we are doing with our resolutions, our intentions and our hopes and dreams? Are we living the life we believe God is calling us to live? Are we loving in the way that God asks us to love? Are we connecting with our friends and families in the way that makes for a healthy mind and a healthy heart? I think these are the good questions for July. It is like taking a little check-up and seeing how we are doing in the walk with Jesus.



During the month of June my husband and I took a trip to Mesa Verde and the Grand Canyon. At Mesa Verde we climbed down into “Cliff Palace” and saw how people a thousand years ago lived in the high desert and bluffs of southern Colorado. We took a “loooong” hike that had us scrambling over boulders, drinking several liters of water, and finally coming to the place of ancient petroglyphs. At the Grand Canyon, we peered into the layers of geological history. I wondered if the beauty before us, the magnificence that took our breath away in the colorful layers of rock, could somehow include the legacy of human and animal life that had made this area home for thousands of years. When we saw the wild horses or the elk with their calves, I think God was asking us to pause and deeply appreciate life itself. In all of this travel, I believe I was invited to look again at where I stand, and ask questions of attention and intention at the mid-point of the year.

So, as July tilts us forward, I invite you, too, to take stock and to ask the questions God might ask you. What and who do you love? What shows you the grace and mystery that makes your heart sing? What is God inviting you to be a part of now and in the months ahead.

May your pondering bless you,
Pastor Mary



Children, Youth & Family Information

by Lauren Loonsfoot, Director of Children, Youth & Families



Picnic in the Park
WEDNESDAY, JULY 19TH
@ DALEY PARK 5:30-7:00 PM
Join us for a picnic in the park and make some unforgettable memories with your family and friends!
ALL AGES WELCOME
PACK A PICNIC
340 Wilder Blvd Ames, IA 50014

DONUTS AND A STORY
OUT OF A JAR
DEBORAH MARCELO
JULY 23RD
8:30 am in the Gathering Space



Coloring Page Fun
Sundays Following Worship

The High School youth are heading to Madison Wisconsin for their service trip this year. They are selling stocks as a fundraiser. You can purchase a share of stock for \$10 each (and of course you can purchase as many as you like).

Stock share holders will receive a postcard while on our trip and have an opportunity to hear more about the trip on service Sunday, August 20th.

You Can purchase stock in person before and/or after worship on Sunday mornings. Or you can purchase stock online.

To pay for your stock you can visit <https://tinyurl.com/vdcksf2p> donate under missions, and in the memo line add Stock Sales.

Thank you for the support!



Stock Sales
SUNDAY!
\$10/SHARE
AVAILABLE BEFORE AND AFTER WORSHIP
Support the 2023 Youth Service trip to Madison Wisconsin!

Vacation Bible School



Photos from June Activities



- * Food at First
- * Des Moines Pride Parade
- * Worship
- * Picnic at the Park



Elementary Service Trip



Upcoming Opportunities

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

Trustees

by Doug Warren, Facilities Superintendent

Summer is upon us! While the church might seem like not much is going on, lots of plans and activities are happening for our church campus. A large project for updating our video technology in the sanctuary is about to kick off. A remodel of the Fireside room is underway. Summer floor maintenance is about in full swing. The Garden committee is busy sprucing things up this year. And parking lot repairs should be finished up by the end of the month. We look forward to having you see all the changes inside the building.

A Message from Reaching and Receiving

C/W T-Shirts for our Volunteers!

If you serve our community through Collegiate UMC/WF in any volunteer capacity (Food at First, ushering, walking in the Capital Pride or Ames Fourth of July parades, Clothing that Works, Pridefest, fellowship hour snacks, VBS, adult/child Sunday school, cluster committees, music ministry or any of our other many volunteer opportunities), we have a tee for YOU!

Through a generous grant from the Endowment Board, we now have Adult sized 100% cotton t-shirts with our logo, sizes S through 2X, available in the church office at no charge. We ask that you take only one per person. Children's sizes aren't available at this time. Please wear these proudly when you're volunteering and when out in our community to promote CUMC/WF!

~ VaLinda Parsons, Reaching & Receiving



Celebrating With Rev. Lewis Cox

Dear Members of the Ames Collegiate United Methodist Church and Wesley Foundation,

On Friday, June 2nd, Lewis Cox graduated from the Iliff School of Theology with a Master's degree in Divinity, marking the culmination of his dedicated efforts over the past three years. Lewis primarily engaged in online coursework throughout his studies, with occasional visits to the Iliff campus in Denver, Colorado.

But that's not all! In addition to his graduation, Lewis returned to Iowa, where he was commissioned as a provisional Elder in The United Methodist Church. This significant accomplishment means Lewis will join our church as an Associate Pastor with a primary focus on Campus Ministry. It is indeed a time of transition and celebration for Lewis, and we are privileged to be part of his journey during these significant life changes.

On Sunday, June 11th, we celebrated Lewis with a cinnamon roll and fruit brunch hosted by the SPRC.

As an Associate Pastor, Lewis will bring his deep understanding of theology and his passion for ministry to our church and the Wesley Foundation. He will be responsible for overseeing sacraments, such as baptism and communion, per the United Methodist tradition. This is a great honor and a testament to **Lewis's commitment to serving God and the community.**

If you haven't already, please take a moment to congratulate Lewis Cox on these remarkable accomplishments. We are grateful for his dedication and hard work throughout his studies, and we are confident that his presence and guidance will significantly benefit our church and the Wesley Foundation. Please join us in extending our warmest wishes and support to Lewis as he embarks on this new chapter of his life.



Coming in Worship

WORSHIP, JULY 2023: WON'T YOU BE MY NEIGHBOR? 9 AM

WE WILL BE WORSHIPING IN THE SANCTUARY AT 9 AM

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 16: Pastor Lewis, message: Always See the Best in Other People; 1 John 4:7-12

Patrick Gagnon: Children's 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



The graphic features a light blue background with a vertical green stripe on the right. The text "Worship" is in white, "Sundays at" is in red, and "9:00 am" is in red. Below this, a dark blue box contains the text "A community where all are invited to experience, grow and serve." To the right is the logo for Collegiate United Methodist Church and Wesley Foundation, which consists of a stylized cross with four arms in blue, green, yellow, and red. Below the logo, the text "COLLEGIATE UNITED METHODIST CHURCH AND WESLEY FOUNDATION" is in dark blue, and "cwames.org" is in red.

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 Garden Committee

The CW Garden Committee (aka the Down and Dirty Crew) worked each Wednesday evening in June to improve the landscape of the CW property. Projects included planting annuals in front of the church sign on Lincoln Way, keeping the front hedges trimmed, mulching, and attacking an overgrown evergreen along Lincoln Way. Alas, a coat hanger foiled the completion of the last project, rendering the chain saw inoperable. As a surprise for Pastor Mary, the D&D crew weeded and mulched at the parsonage while she was away on vacation. Thanks to Dee Dreeszen and Mary Buck for donations of annuals. June D&D crew members include Jon Banwart, Andy Smelser, Bev Kruempel, Mary Buck, Sheila Lundt, Paul Anderson, Chris Anderson, John Jacobson, Jane Jacobson and Julie Voss. D&D welcomes anyone who wants to join us. We meet Wednesdays at 6:30 on the south lawn. Or volunteer to do watering during the week. If you want to be on the email list contact Jane Jacobson (janej4831@gmail.com).



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 Physical donation:** place a donation in the offering plate on Sundays or mail your donation to the office.

Our Prayers

Prayers of Thanksgiving:

- heartfelt, grateful thanks for the great volunteers at Food at First on Friday, May 26: Dee Dreeszen, Bev Kruempel, Mary Ann & Paul Lundy, Sally Wilson, Cinian Zheng-Durbin, Robert Allie, Lillie Allie, Betty & Tom Barton, Brad Brinkmeyer, Donna & Alan Vandehaar, Marjy Howe, and Alex & Noah Jean.
- celebrating the graduation and commissioning of Rev. Lewis Cox.
- for Collegiate Wesley's representation in the Des Moines Pride Parade: May Conde, Lan Wallin, Kris Meinhard, Deborah Blaedel, and Lewis Cox marched alongside members of Walnut Hills UMC, Grace UMC and Indianola First UMC.
- for a new townhome in Stone Brooke for Barb and Bill Holt, who also **welcomed Barb's 96**-yr old mother, Jane Milnes to live with them.
- Grateful thanks for the volunteers at Food at First on Friday, June 23: Dean Phillips, Dee Dreeszen, Bev Kruempel, Sally Wilson, Janelle Keltgen, tom and Betty Barton, Janell Eby, Brad Brinkmeyer, Marjy Howe, & Alex and Noah Jean.
- for the recent marriage of Mr. and Mrs. A&W (Alan Atherly and Maureen Wilt). They were married by Pastor Mary at Green Hills on Tuesday, June 27th.



Prayers of Concern:

- for the family of Jeff Keltgen, who passed away on Monday, May 29. You can read his obituary [here](#).
- for Janet Shoenhair, in hospice care.
- for Steven Wilson and family on the recent loss of his mother, Nola.
- for Jerry Sandine as he continues to recover at Mary Greeley from knee surgery.
- for Marjy Howe, having trouble with a bone spur in her neck.
- my cousin, Don, in Kansas City as his doctors attempt to stabilize his serious health conditions. ~
- Linda Carver
- for my friends Elizabeth, Peggy, Jerry and Alice. Help them to have better health. ~LaRue Clark

Volunteer Opportunities and Donations Requested

Collegiate-Wesley is an official organization for Rummage RAMPage July 28-August 5. Shifts are full, but sometime people cancel so you can check the link periodically to see if anything opened up:

<https://www.signupgenius.com/go/10c0e49abaf2aa7fac34-rummage7#/> .



Other ways to help:

1) An additional fundraising opportunity related to this year's Rummage Rampage event--members of your organization are interested and can offer pick-up or delivery service for shoppers who find themselves in a bind when their shopping desires exceed their ability to transport their purchases, or **their vehicles won't accommodate transporting intended donations. If interested, please provide me with your name(s), phone number(s), dates and times of availability and vehicle(s) available for hauling by July 6.**

2) Be part of the volunteer crew to move items from the Collegiate-Wesley grounds to Rummage RAMPage July 28 & July 30-August 4 generally between Noon and 6 PM.

To indicate your availability for either of these, contact Mike King, mikeking@dwx.com, 515-292-3831 or 515-708-1419.

Clothing That Works

Clothing That Works needs your help. We are a free clothing closet for adult-sized people in the Ames area. CTW is no longer just a place for people to get clothing for work. This has been the case for years but, we still have misinformation about what CTW is out there. CTW has all types of clothing. Please help us spread the word that we have whatever a person may need (jeans, underwear, coats, tee shirts, even jewelry, etc.) Tell your friends, friend us on FACEBOOK. Come visit us on Wednesdays 2-5pm or the first Saturday of each month 9-noon and see what we have to offer people.



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 is July 28. 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](#).

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

Little Food Pantry

Needed:

- Pop top cans of fruit, vegetables, pasta meals
- Canned Chicken, Tuna
- Peanut Butter
- Crackers
- Cereal
- Granola Bars
- Spaghetti, Spaghetti Sauce

Small or hotel size of:

- Toothpaste
- Deodorant
- Shampoo
- Conditioner



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.



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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