

The
Communicator

September, 2023 Vol. 42 Issue 9

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 late August

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.

October 2023 Communicator Deadline: September 20, 2023

Message from Pastor Mary

by Rev. Dr. Mary Lautzenhiser Bellon

“God who sings in our hearts, as the flute needs openness to receive the breath of melody, we pray to be open to the many ways that your symphony of love plays in our lives. Thank you for the way that your enlivening Spirit touches us and moves through our beings. Remind us often that each one of us is a special instrument of yours. Together we create wondrous music in the concert of love.” Joyce Rupp, To God Who Sings Through Us, in Out of the Ordinary.



Welcome to a new program and worship year at Collegiate/Wesley! We are **ready to create the “wondrous music in the concert of love” in all the ways we** are active, serving and worshipping here in our fellowship! We have had a special and rewarding summer, walking through the theme of Neighbor with Mr. Rogers and moving through the elements of our Discipleship Pathway: Invite, Grow, Serve, Experience. Now we are ready to unpack all the ways our Wesleyan heritage talks about grace, Scripture, our intellect and our experience of God both individually and together. Our Chancel Choir, bell choirs, and jazz band all will bring us terrific music this fall. Later in the season, we will consecrate new communion chalices and patens made especially for us by potter Val Williams.

Some special highlight also include:

September 10th: Rally Sunday with Sunday School for all Ages!

September 17th: Missionary Katherine Paker from Nepal, and former US2 here at Collegiate/Wesley will lead a Forum class before worship and then bring the message in worship!

October 15th: Blessing of the Animals – stayed tuned for time and details for the blessings service in the afternoon!

November 5th: Our annual Charge Conference in the afternoon in Wesley Hall with our District Superintendent

November 19th: Generosity Sunday

December 3rd: Advent Begins

In addition, we will have a special program of Storytelling in November organized by Rev. Lewis Cox and an outreach program sponsored by Helping our Neighbors also in November. One of the most rewarding experiences of a church community is being a part of a vibrant worshipping, learning and serving fellowship. I hope you will be with us often and fully. We celebrate the gifts and graces of all the people who join with us here to share the abundant love of God, to be healed together from what keeps us from the fullness of our lives, and to reach out into our community and world to overcome injustices. We believe that all means all.

Looking forward to this year together,
Pastor Mary

Children, Youth & Family Information

by Lauren Loonsfoot, Director of Children, Youth & Families



We need you!

CHILDREN AND YOUTH
SUNDAY SCHOOL

VOLUNTEERS

NEEDED

We are looking to grow our Sunday School programming. Please contact Lauren Loonsfoot lauren@cwames.org for more information or to volunteer.



SUNDAY SCHOOL KICK-OFF!

SUNDAY, SEPTEMBER 10TH
8:45-9:45 AM SUNDAY SCHOOL
10:00 AM WORSHIP



Starting
September 13th

Youth Group

Middle School 6pm
High School 7pm

MOVING TO WEDNESDAYS!



Family gatherings

September 23rd, 9:00 am

Miracle Playground

Bring a cup of coffee, and chat with other parents while the kids play!

October 21st, 9:00 am Wesley Hall

Fall Fun! Pumpkin Painting, crafts

and snacks.

Confirmation Meeting

Sunday, September 10th

11:00 am Youth Room

7th/8th Grade guardians and youth meeting for those interested in learning more about confirmation

Adult Sunday School

Adult Sunday School Classes Starting September 11th unless otherwise noted



Spiritual Formation will resume meeting at 9:00 am on September 10, but is moving to a new room: the Library. On September 10, we will be welcoming folks and hearing about their summer. We will also be deciding on days in the fall/early winter we might not want to have class and days we might want to join the Forum Class. Led by Eryn Shriver.

September 17 & 24: As we settle into our digs in the library, we will honor the wonderful work done by the Library Team over the years by exploring the collection. Participants will be invited to select a book, DVD or CD to review and choose a date to share it with the class. Mike or Eryn will be the Zoom technician each week and will provide assistance, if needed, to prepare the topic for discussion.

Meeting at 9 AM Sundays in the Library or via zoom, masks welcome, but not required. 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>

Forum Class

Meets in the Norman Room on Sundays at 8:45am and organized by Tim Garner.

Sept. 17th: Katherine Parker, Our Missionary Abroad 9:00-9:45 am.

Sept. 24th: CUMC Church Council: Brenda Allen, et. al. 9:00-9:45 am.

Oct. 8th: Ames School Board Candidates' Forum 9:00-9:55 am. (note extended time)

Oct. 15th: Ames City Council Candidates' Forum 9:00-9:55 am. (note extended **time**)

M&M Class

This class covers faith based topics using the AMPLIFY video library. A variety of scholars and interpretations are great starting points for healthy group discussions on many topics. No preparation needed. The class meets at 8:45 am in the Bob Farr Conference Room by the West door. This group is led by Lynn Kaizer.

Builder's Class

Has something caught your eye in the news? Have you heard a story on NPR that you would like to discuss? If so, Builders Adult Sunday School Class is for you. Bring a cup of coffee and come join us as we dive into social or current issues and discuss what change we might effect individually or collectively. Each week we share celebrations and concerns, do a fun ice-breaker, and then dive into compelling issues. Hope to see you on September 11th in room 44, across from the elevator. For more info contact Barb Pedersen at bped54@yahoo.com or 515-231-6134.

Weekly Meal



Weekly Meal

Starting on September 13th we will be hosting a free will donation Weekly meal in Wesley Hall at 5:30 pm. The meal will rotate through planned a menu. You are **welcome to bring a dessert to share if you'd like.** There will be a vegetarian option as well as a gluten free option. **We hope you'll come join in this time of community with one another!**

To make this meal possible we are in need of volunteers to help serve the meal and clean up after. We are looking for groups to donate 2 hours of their time on Wednesdays to make his possible. Please sign-up [here](#) to help or email Lauren Loonsfoot lauren@cwames.org

Coming in Worship

Coming up in Worship : Methodist Mosaic

We hope you can join us for worship this Fall in person or on Livestream at 10:00 am or online anytime!

September 3rd Labor Day

Wesley's Involvement with Workers

September 10th Rally Sunday and
Prevenient Grace, Communion

September 17th Methodist Missionary
Katherine Parker

September 24th Justifying Grace

October 1 Sanctifying Grace, Communion

Live Stream Worship

You can view our weekly worship
anytime during the week on
Facebook @cwames or on YouTube
@collegiatewesley242



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.

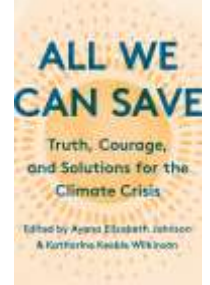
You can also view the service on our [Youtube channel](#) or [Digital Worship Page](#).

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.

Upcoming Small Groups

Roundtable

Come join a lively discussion of the book "All We Can Save: Truth, Courage and Solutions for the Climate Crisis" led by Pastor Mary for the Roundtable group. We meet on the second Thursday of each month at noon via Zoom. All are welcome. For more information and to get the Zoom link, email Bev at kruempel@msn.com.



New Small Group Alert, Coming Soon!

When we did a breakout group one Sunday morning, three of us discovered we all grew up on a farm. Since that quick breakout, I have been interested in talking about growing up on a farm for some time. Finally, we will transition this idea into a small group. **The group title is "Values Learned from Growing Up on a "farm". Meeting weekly, we will discuss 15 values Successful Farming identified, plus talk about the spiritual impact of being close to nature, to our neighbors, to family and to our rural churches. This group will start after Labor Day. If you are interested in participating, please email me at darrajohnson@gmail.com. We will determine what night works best for the group and what location, either the church or my house in north Ames. I am looking forward to hearing about the group's early years.**

Disciple Bible Study Class Forming

Be A Disciple – Fast Track 1 Disciple Bible Study: This is a 24 -week study that covers the entire Bible through targeted readings, central themes as we go through, short video lectures from Biblical Scholars and Theologians all on an app, and one hour long Zoom meeting each Sunday from 5:30-6:30 pm. On your app you will be able to take notes, list prayer concerns and chat with others in the group. Join us!! Pastor Mary and Rev. Nikki Roth Bishop from First UMC Ames are leading this collaborative group study! You will deepen your knowledge and your faith and be able to enjoy a support network. To sign-up for the group email Pastor Mary at Mary@cwames.org



Faith Journeys Zoom Group(s)

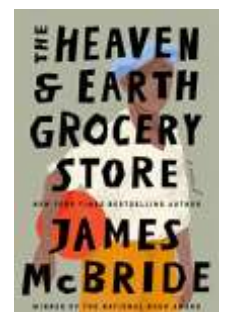
Faith Journeys is a Bible study that is adaptable to the needs and interests of individuals or groups. This year we plan to include some lessons about navigating change found in Revelation.

An introduction is sent out via email prior to each meeting. Once a month we meet on Zoom to study the Bible and discuss for about 90 minutes. We invite anyone who wants to grow in faith and apply it to everyday life to join us. For more information or to sign up please contact Mary Jean Baker at bakerallan14@gmail.com.

Books and Conversations

A gathering for book lovers and conversation seekers. Join us for a new book each 4-6 weeks followed by a gathering to discuss the book. We'll meet as works best for the group. Generally on a Sunday late afternoon/early evening.

Upcoming Book: The Heaven and Earth Grocery Store by James McBride. Conversation on October 29th at 4:00 pm. Sign-up for the group on our groups page [here](#) or email lauren@cwames.org



Small Groups

Women's Koinonia Fellowship Group – Wednesday evening from 7-8:15 pm. This is a gathering of women to discuss different devotional readings and to share about our lives. We follow a Lectio Divina practice which means we read a bit of the scripture or devotional reading, pause, and share amongst ourselves how that touches us or draws up in ourselves. Contact Pastor Mary if you would like to join us! Currently, we meet in the Gathering Space but after the Fireside Reno is finished, we will meet in there.

Northcrest Bible Study – alternating Wednesdays at 1:15-2 pm. Join us in the Green Room at Northcrest Retirement Community for ongoing Bible Study and discussion. We use DVD and video of people like Adam Hamilton and Amy Jill Levine to guide us in a topic. Currently, we are finishing The Difficult Words of Jesus. It's a lot of fun! Contact Pastor Mary or Laura Shanks to join us!

Green Hills Fellowship and Study – the second Tuesday of each month at 6:30 pm In the Pine Room at Green Hills Retirement community. Join us for fun, conversation and learning as we gather in the Pine Room around table and share our thoughts and feelings regarding faith, our lives and current events. Contact Pastor Mary or Linda Peters to join us.

Music Ministries

Music Opportunities

- Chancel Choir (Wednesday evenings 6:30-7:30, singing most Sundays)
- Chancel Bells (Wednesday evenings 7:30-8:30, ringing at least once per month)
- Middle School Bells (Wednesday evenings 5:00-5:30, ringing every quarter)
- High School Bells (Sundays following worship 11:00-11:30, ringing every quarter)
- Choraliers Bells (Monday afternoons 4:00-4:45, avocational)
- Children's Choir (Sunday mornings 8:45-9:00, singing every 2nd Sunday)
- Contemporary Music Leaders (Sunday mornings 8:00-9:00, playing most Sundays)

Contact Patrick Gagnon, patrick@cwames.org for more information!



Youth Service Trip Pictures—Madison, Wisconsin



Church Council Invites You!

You Are Invited!

The Church Council invites you to attend any of the three informational meetings focusing on the future fiscal strategies of Collegiate UMC and Wesley Foundation. The Council will be sharing information gathered by the Visionary Budget Team and outlining future steps we are planning to take. There will be an opportunity to ask questions and share your ideas. We hope you are able to join us on one of the following dates:

- Wednesday, September 6, 6:30 pm Wesley Hall
- Sunday, September 24, 9:00 am Forum Class
- Sunday, October 8, 11:15 am Sanctuary

Ames Pride

Ames Pridefest is Saturday, Sept. 30, and we'd love for you to be a part of it! Collegiate will have a booth at the festival (downtown Ames on Douglas Ave. and Fifth St.) from 11 am to 6 pm. We'll be handing out stickers and magnets, and putting temporary tattoos on participants as part of the fun. Sign up to serve in our booth -- all ages are welcome at this family-friendly event. Link to sign up: <https://cwames.churchcenter.com/registrations/events/1910061>



Sending to Serve



We're excited to welcome Katherine to worship on September 17th. Katherine is a United Methodist Church missionary in Nepal.

UPCOMING SPECIAL OFFERINGS!

September- Katherine Parker
September 17th

October- Women at the Well

cwames.org/give

The students are back and the fall semester has begun. While the weather might not feel like fall, it soon will. **This past month I've been working on getting the remainder of the summer projects done and rooms ready for Sunday School and other activities.** This involves cleaning out and upgrading lights, replacing smoke detectors, shampooing carpets, and waxing floors. The Bleyle music center is looking fresh with **new floors and lights, ready for the vocal and bell choirs to practice their craft!** I can't wait for all of you to be back, filling the building with smiles and joy!



Endowment Board

CW Endowment Board Awards \$14,218

Each year the Collegiate Wesley Endowment Board awards funds to missions, programs and /or capital **improvements that support CW's vision and purpose.** The available funds are calculated by averaging the Fund year end balances for the last five years (2018-2022) and then designating 5% of the average to be distributed during 2023. The money is separate from the CW budget and cannot be used for any on-going expenses. This year the Endowment Board had \$83,030 available for grants. In April the Board disbursed \$68,812 to twelve different projects. At the August Board meeting the remaining 2023 funds were awarded. The recipients and their sponsoring CW committee/council/board are

- \$ 3000 Clothing That Works (Sending to Serve)
- \$ 630 Wesley Foundation Fall Retreat with Katherine Parker (Wesley Foundation)
- \$ 850 CulturALL Workshop sponsored by Church Council
- \$ 2000 Additional funds for Little Food Pantry (Sending to Serve)
- \$ 675 Additional funds for more stickers and magnets to promote CW (Reaching & Receiving)
- \$ 675 Additional funds to provide bleed kits with the new AEDs. (Trustees)
- \$ 6388 Additional funds to support redecorating the Fireside Room (Trustees)

Our Prayers

Prayers of Thanksgiving:

- for the successful youth service trip.
- For Mike and Patty King and all of their help with Rummage Rampage and moving furniture in the church.
- for the awesome crew at Food at First on Friday, July 28: Bev Kruempel, Dee Dreeszen, Mary Ann & Paul Lundy, Sally Wilson, Dean Phillips, Marjy Howe, Brad Brinkmeyer, Robert & Lillie Allie, Tom & Betty Barton, and Donna & Alan Vandehaar.

Prayers of Concern:

- for my friend Mark who has cancer and now has a broken arm too after a fall. ~ LaRue Clark
- for Janell Eby, recovering from shoulder surgery.
- for Jane Woline who had a serious fall, breaking bones. ~ Laura Shanks
- to find people willing to drive the bus to transport members to church on Sunday mornings. ~ Laura Shanks
- for students, parents, and educators for a school year that is safe, warm, and welcoming.
- for the people of Maui and Lahaina.
- for my grandmother, who is undergoing chemo for stage 4 cancer. Prayers for comfort for her and her family as she comes to the end of her life (the chemo is just for extension of her life). ~ Natalie Bouwman (a visitor to our Sunday service).
- for those affected by hurricane/tropical storm Hilary.



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.

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.

Thank You

Thanks to all who helped with Rummage RAMPage: Marybeth Buchele, Chris Strawhacker and Mike King for signing up and working shifts to make Collegiate-Wesley a viable organization; Patty King for stepping in to sub for a shift; Evelyn Beavers, Dee Dreeszen and Patty & Mike King for driving their vehicles to move items from the church, delivering items from Rummage RAMPage to people's homes and scrounging items off the curbs to take to Rummage RAMPage; Jerry & Ann Sandine for loaning their truck; Doug Warren for preparing the garage to serve as a staging area for furniture to go to Rummage RAMPage; Lewis Cox and Steven Schroeder for helping the others listed above with moving items out of the main church building and Wesley Place; Janelle Keltgen for all of the wonderful announcements that helped get people involved; Mike King for coordinating.

We don't know yet what we earned for the shifts we worked, but we did earn \$684.80 for the deliveries we made. As soon as we know about the other earnings, we will report that as well.

Volunteer Opportunities and Donations Requested

The Pantry could use some help from our congregation! It is of service to many in the community who need a little assistance from time to time. Please give as you are able – a few cans of vegetables or a jar of peanut butter can be a huge boost to a family.



You can leave your donation in the Pantry (outside the north door of the Annex) or in the tub inside the west door of the church. Thank you!



CLOTHING THAT WORKS HAS SEEN A HUGE INCREASE IN USAGE. YOUR CLEAN, USABLE ADULT CLOTHING DONATIONS ARE NEEDED.

OUR BIGGEST NEED RIGHT NOW IS MEN'S CLOTHING AND SHOES.

DONATION DROP OFF AT THE WEST DOOR OR DIRECTLY TO CLOTHING THAT WORKS WEDNESDAYS, 2-5 PM AND 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 3:30-5:30 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 September 22 and 29. 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



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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