

The
Communicator

October, 2023 Vol. 42 Issue 10

Connecting People



Collegiate United Methodist Church
and Wesley Foundation
Ames, Iowa

Contact Us

Phone: 515-292-6936

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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.

Cover Pictures:

taken in late September.

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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.

November 2023 Communicator Deadline: October 20, 2023

Message from Pastor Mary

by Rev. Dr. Mary Lautzenhiser Bellon

October by Robert Frost

O hushed October morning mild,
Thy leaves have ripened to the fall;
Tomorrow's wind, if it be wild,
Should waste them all.
The crows above the forest call;
Tomorrow they may form and go.
O hushed October morning mild,
Begin the hours of this day slow.
Make the day seem to us less brief.
Hearts not averse to being beguiled,
Beguile us in the way you know.
Release one leaf at break of day;
At noon release another leaf;
One from our trees, one far away.
Retard the sun with gentle mist;
Enchant the land with amethyst.
Slow, slow!
For the grapes' sake, if they were all,
Whose leaves already are burnt with frost,
Whose clustered fruit must else be lost—
For the grapes' sake along the wall.



Every fall I publish Robert Frost's poem *October* on my Facebook page. It is a favorite poem of mine, and October is one of my favorite months. After the long and often hot days of summer come the cool and sometimes windswept days of fall. You might grab a sweatshirt or light jacket. Maybe you still rake leaves the old-fashioned way, not even because you have to, but because it is tradition. You take the kids to the apple orchard. You watch football. You feel how the weather is cooling as we move toward the winter. But the winter is not here yet, so we enjoy the changing colors and the coolness and the way it is easier to breathe.

At Collegiate/Wesley, we are meeting the fall with some great ways to get involved and to experience loving fellowship. I would like to note that on October 1st at Collegiate/Wesley we will celebrate World Wide Communion Sunday. But we are also supporting a local option at the Memorial Union. There, at 10 am, a service centering LGBTQIA experience will take place led by different members of the Ames community.

On Oct. 15, we will have a Blessing of our newly refurbished Fireside Room during our service followed by the reveal of the space. In addition, we will have a Blessing of the Animals during the service. See page 4 of this Communicator for more information. On Oct. 22nd, the Storytellers program follows the 10 am **service. This will include lunch and an opportunity to hear the stories of several live "books:"** people who come from unique backgrounds to share their lives with us.

"O hushed October mild, thy leaves have ripened to the fall." May our lives be ripened to the fall. May we feel the blessing of being alive, of being loved by our Creator and of being a great community of service, mission and inclusion in Ames.

Light and grace,
Pastor Mary

Coming in Worship

Coming in Worship

October 1: Sanctifying Grace: Galatians 2: 16-21;
Holy Communion

October 8: Wesley's Quadrilateral: Scripture,
Matthew 4: 1-4; Romans 15: 4-7; Children's Choir

October 15: Blessing of the Animals; Blessing of the
Fireside Room; Wesley's Quadrilateral: Experience –
1 Corinthians 3:16; Ezekiel 36: 27

October 22: Wesley's Quadrilateral: Tradition:
Ephesians 2: 19-22; 3rd/4th Grade and
Confirmation Bible Presentation; Bell Choir

October 29: Wesley's Quadrilateral: Reason:
Proverbs 5: 22-24; Ephesians 4: 22-27



Blessing of the Animals – October 15, 2023 – 10 am

Join us Sunday morning October 15 for the Blessing of the Animals.

We invite you to bring photos or small objects to represent your animals. We invite the children to bring a **stuffed animal for Lauren's Children's Message that morning. (Obviously, if adults have a favorite stuffed animal, they may bring that too!)** We will have a table at the front of the sanctuary to place your object or photo on during our blessing. We invite you to send photos of dear pets and animals who have passed on to Lewis@cwames.org as Pastor Lewis prepares a Memorial Slide Show for the service. This will be a wonderful service to celebrate and remember our animal companions and friends. You will receive a blessing to take home to use with your live pet.

Blessing and Opening of the Refurbished Fireside Room! October 15

Be with us on October 15th when we bless and reopen the Fireside Room. We want to thank Linda Carver who led our refurbishing team, along with her crew: Mary Jo and John Banwart, John and Jane Jacobson, Janelle Keltgen, and Mary Bellon. We are excited for the big REVEAL!!!

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.

Confirmands

Maddi Rabe 7th Grade



More about Maddi

- * I LOVE to read!
- * All things art: sketching, painting, writing, doodling
- * I want to travel everywhere! Germany, Italy, Sweden, India and more!

Mylie Smith 7th Grade



More about Mylie

- * I enjoy spending time with my friends and sisters
- * Sports are important to me, my favorites are volleyball and basketball.
- * One of my goals is to get closer to God

Zach Brand 7th Grade



More about Zach

- * Disc golfing is my passion and how I enjoy spending my time
- * Literally all things Disc golf related!

Ian Shriver 8th Grade



More about Ian

- * I enjoy video games and running cross country!
- * My favorite subject is Literacy
- * One of my goals is to get a sub 13:30 in cross country

Carl Bigelow 8th Grade



More about Carl

- * I enjoy building things, running cross country and video games
- * One thing on my bucket list is to restore a tractor

Garrett Brand 7th Grade



More about Garrett

- * I enjoy playing chess, playing sports, hiking and breeding fish.
- * One day I'd like to own a fish store
- * Another item on my bucket list is "traveling as much as humanly possible"

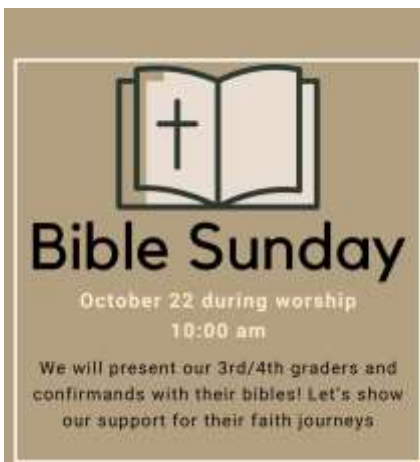
Children, Youth & Family Information

by Lauren Loonsfoot, Director of Children, Youth & Families



Sunday School

We are having a blast in Sunday School! Come anytime! Preschool-5th graders start at 8:45 in room 202 with a time of music before their rotations. They are currently learning more about Ruth. Middle School and High School classes start in their classrooms at 8:45 with a time of check-in before moving on to their lesson for the day! Interested in learning more? Contact Lauren Loonsfoot
lauren@cwames.org



Youth Group!

Middle School Wednesdays 6:00

High School Wednesdays 7:00

High School Girls Small Group
Wednesdays 8:00

Pictures- Youth helping get the Reading room ready, making cookies for the community and painting.



Adult Sunday School

Adult Sunday School Classes
Starting September 11th unless
otherwise noted



Forum Class

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

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**)

Weekly Meal



CultureAll: A Conversation Across Generations

COLLEGIATE UNITED METHODIST CHURCH PRESENTS: OPEN BOOK

WHAT: CULTUREALL'S OPEN BOOK PROGRAM

WHEN: OCTOBER 22, 11:00 AM - 1:15 PM

WHERE: COLLEGIATE UNITED METHODIST CHURCH, AMES

**Join us for an afternoon of storytelling,
dialogue, and authentic personal connection**

Open Book is a community project that creates connections and builds social cohesion through story sharing where People are "Books" and You are a "Reader."

Books are our neighbors from diverse backgrounds who are willing to share their personal experiences and their defining moments. Readers are people who are interested in hearing stories that are real life changing. They gain a more complex sense of the Books as they "check them out," hear their stories, and engage with them through small group or one-to-one conversation.

The Open Book story sharing format sets aside debates and agendas. It turns "sound bites" and rhetoric into something more tangible. Through the experience, both Books and Readers discover they have much in common despite their differences. And the experience triggers new, positive connections.



Register online at
<https://tinyurl.com/cultureALLcw>





OPEN BOOK

Read any good people lately?

MEET THE BOOKS

**CUL
TURE
ALL**

JJ SINGH KAPUR



JJ Kapur was 12 years old when the unexpected happened. His family was worshipping at their Sikh temple in West Des Moines, Iowa, when a group of news reporters interrupted their service. His congregation received news that a Sikh temple in Oak Creek, WI, had just become the site of a mass shooting by a white neo-Nazi. The shooting happened in a small, Midwestern town only 300 miles away. JJ remembers thinking, "It could have been us." This turning point became the beginning of JJ's interfaith work in Iowa. In high school, JJ started an organization called "The Turbanators," which focused on "turban-ating" the negative stigma surrounding Sikhism in Iowa. In 2017, JJ became the first turbaned Sikh to win the most prestigious high school speech and debate competition in the U.S. After graduating in 2022 from Stanford University, JJ returned to his hometown of Des Moines as an AmeriCorps Lead for America Fellow.

LILIAN OKECH

Lilian Okech is a motivational speaker, entrepreneur, author, teacher, and visionary. She co-authored two bestselling books and is the co-founder of an organization that brings internet services and computer training to people of South Sudan. Lilian was born in Kitgum, Uganda, in a refugee camp a few months after her family fled from South Sudan. After working at a local church to support her four young boys, Lilian started a cleaning service in 2018. Through Cleaning for Hope, she provides support for those who may not have a friend to talk to. As a young girl arriving in America, Lilian saw the caseworker who welcomed them to America. Lilian was speechless when she saw the woman in a suit. She promised herself that one day she would wear a black suit and a long brown coat. Lilian has faced many obstacles but nothing will stop her to keep her promise of becoming a successful business woman in America as refugee.



MANAR YASEEN



Manar Yaseen is an Iowan who proudly expresses her Islamic faith and Palestinian culture. She completed her undergraduate studies at Drake University, earning a BA in Biochemistry, Cell, & Molecular Biology. Outside of academics, Manar is an accomplished martial artist. Through her training with Des Moines Traditional Tae-Kwon Do, she has achieved the rank of a black belt and serves as an instructor. In her free time, Manar's creativity flourishes through storytelling, writing novels, short-stories, and poetry. She finds joy in exploring various forms of media, such as watching anime, playing video games, and engaging in the world of Dungeons & Dragons. "When I was a kid, I spent a lot of time in the basement, where I could create any world I desired. My brother and I, surrounded by our collection of toys and homemade props, would embark on the most fantastical tales and adventures. As I grew into adulthood, the basement has transformed, but I have managed to keep its essence alive."

Church Council Invites You!

You Are Invited!

The Church Council invites you to attend the last of 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 if you haven't** been able to attend a session yet: **Sunday, October 8, 11:15 am in the Sanctuary**

Finance Committee

As most of you know, besides being a faithful member of CUMC/WF for many years, David Orth has served the church as Director of Generosity for some time. He has held this position as a consultant to the church since 2012, first through a contract with the Endowment Board, and more recently with the **Finance Committee. During his tenure David has participated in many of the Church's key initiatives. Most** recently he was a key member of the Visionary Budget Team tasked with creating a plan to eliminate the budget deficit.

As a result of a number of other important commitments, David has determined that it is time to terminate his professional association with the church; his last day in this role was August 16. David plans to continue his active membership in the church, including involvement in volunteer activities.

As Director of Generosity, David has combined his extensive fundraising experience, deep love for the church, and enormous personal energy with CUMC/WF. Our faith community has been greatly blessed by his work, and we are grateful for the important contributions he has made to our stewardship efforts. We plan to recognize and honor David for his work as Director of Generosity as part of a worship service this fall. In the meantime, we encourage you to express your thanks to David for the important service he has provided in this role.

Congregational Care Cluster

Stephen Ministry: Collegiate United Methodist Church/Wesley Foundation continues to have an active Stephen Ministry Program partnering with the Catholic Churches of Ames. The program is very successful. Stephen Ministers are spiritually nourished by the experience. If you would like to know more about becoming a Stephen Minister or if you would like a Stephen Minister caregiver please contact Lori Schippers. 515-460-0774; LLSchippers1@gmail.com.

Transportation ministry: The Congregational Care Cluster would like to provide transportation to individuals who are mobile but unable to drive to church. To start the ministry we need four individuals to commit to driving once a month. Transportation ministry processes and procedures have been developed and will be shared with interested individuals. A personal vehicle is not required but a valid driver's license is. We also have opportunities to provide occasional transportation to and from church using your own vehicle. Please contact Lori Schippers for more information. 515-460-0774; LLSchippers1@gmail.com.

Rocky Road is one of my favorite flavors of ice cream, but rocky parking lot is not! Our parking lot is not in mint condition, and one of the things that we have to do yearly is patching potholes. There were several large ones that desperately needed to be filled. We reached out to a couple companies, but they were all too busy with bigger jobs. Eventually, we had enough other things to do around our campus that we could bring in some bigger equipment to get the job done. While we still have some more, smaller, pot holes to fix before winter comes, the ones capable of swallowing up Pastor Mary's car have been filled. While on the topic of parking lot, I'd like to give a quick update on things. We currently rent out the north lot (between Dunkin' and Wesley Place for 24/7 Parking, labeled with yellow lines and "reserved" painted in yellow in the spaces (you CANNOT park in those). We rent out the east end of our main lot to businesses and for 24/6.5 parking marked with white paint and "reserved" painted in white (you CAN park in those on Sundays.) The Annex lot is reserved for Annex tenants/activities Monday-Friday. You are always welcome to park in the main church parking lot (yellow lines, no "reserved") Thanks as always for your help!



Laity Day

Fall Laity Day with Bishop Kennetha will be on Saturday, October 14, 2023, from 9:00 a.m. to 3:00 p.m. at the [First United Methodist Church, Ames](#). There will be treats and fellowship upon arrival and a break for lunch and conversation at noon. The following will be the topics of discussion for the day.

Learn more and register here: <https://www.iaumc.org/newsdetail/fall-laity-day-with-bishop-kennetha-17670272>



Our Prayers

Prayers of Thanksgiving:

- That Alejandro Larios Mora became a US citizen in Milwaukee last week. Alejandro was an active member of our church until he moved to Wisconsin.
- Heartfelt thanks for the awesome crew of volunteers at Food at First on Friday, Aug. 25: Dee Dreeszen, Bev Kruempel, Sally Wilson, Mary Ann & Paul Lundy, Dean Phillips, Bill Shrum, Tom & Betty Barton, Donna & Alan Vandehaar, Marjy Howe, Alex & Noah Jean, Will Williams, and Ashley, Andy, Izzy, & Camren Smelser.
- that Lauren lined up the opportunity to make the Meals for the Heartland in Des Moines. ~ LaRue Clark
- Excited for Clara's 10th birthday on Wednesday, Sept. 6. ~ The Schroder's
- Sincere thanks for the awesome crew at Food at First on Friday, Sept. 22: Dean Phillips, Dee Dreeszen, Sandy Stevenson, Sally Wilson Mary Ann & Paul Lundy, Betty & Tom Barton, Mike Parsons, Tillie & Tess Good, Izzy & Ashley Smelser, and Will Williams.



Prayers of Concern:

- I will be having neck surgery on September 8. ~ Marjy Howe
- My spouse, David Michael's mother Eleanor, died suddenly on July 14. ~ Lisa Ladd
- For the family of Frank Seydel, who attended here many years ago and passed away on August 21.
- for my dad, broken ribs after a fall. Expecting surgery today (Sunday, 9/3). ~ Nathan Ross
- for my grandma, open heart surgery scheduled for Sept. 11. ~ Nathan Ross
- **for the Arbuckle family as Carl's mother passed away on Sept. 4.**
- for the father of Stephanie Hamilton, recently diagnosed with aggressive thyroid cancer.
- for Renate Dellmann and family on the recent loss of her husband, Dieter.
- for Marjy Howe, continued prayers following neck surgery.
- for Jeannie Weber, continued prayers as she recovers from surgery.
- for Stephanie Hamilton and family on the recent loss of her father, Richard.
- for Jerry Long, recovering from surgery.

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

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.

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

Volunteer Opportunities and Donations Requested

Free Little Food Pantry

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

Clothing That Works Needs Your Help.

Clothing That Works is a mission of Collegiate. CTW serves about 50 people in need every week. There is a great need in our area. Help others by donating clean usable adult-sized clothing, shoes, towels and blankets. OR you can donate money (you can send checks directly to Collegiate with a notation that it be given to Clothing That Works or donate through our website [here](#)).

CTW is located at 130 S. Sheldon, Ames (in C/W's Annex building).



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 opportunity to serve is October 27 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

Sending to Serve

Thank you to all who assisted with Meals from the Heartland on September 2nd



Sunday School Food Drive- Little Free Food Pantry

The Sunday School Children are collecting donations for the Little Free Food Pantry from now until October 17th. They are collecting non-perishable items as well as personal care items. The Little Free Food Pantry can always benefit from donations. You can drop off your donations upstairs in the Sunday School wing or at the West door in the container marked for Little Free Food Pantry. Thank you for your support!



Visit From Katherine Parker

We hope you enjoyed the visit from Katherine Parker as much as we did! **We'd invite you to continue support Katherines work through your prayers and your gifts. You can make a monetary donation to Katherine through our giving site anytime!**

More about Katherine:

Katherine Parker is a missionary with the General Board of Global Ministries of The United Methodist Church, working in community development in Nepal. She serves as a Monitoring, Evaluation, Accountability and Learning (MEAL) Advisor with the United Mission to Nepal (UMN). The ecumenical ministry of UMN has a vision of "fullness of life for all in a transformed Nepali society." United Methodists have been part of UMN since it was founded in 1954.



Katherine's work in Nepal involves the development of frameworks for reflection in an action-reflection process of community transformation. The UMN work in community transformation is in five areas: education, health, peacebuilding, good governance and sustainable livelihoods.

Helping Our Neighbor

Let's Listen and Learn from Our Immigrant and Refugee Neighbors Sunday, November 12, 2023

Collegiate United Methodist/Wesley Foundation
Wesley Hall, 2622 Lincoln Way (enter east door)

All community members are invited to attend

5:00 p.m. Potluck Dinner

Place settings and drink will be furnished.
Please bring a dish or two to share.

5:45 p.m. Program

- Hear personal stories from immigrants and refugees
- Who are our neighbors? How can we welcome them to our community?
- What can each of us do to make life better and safer for immigrants and refugees in our community?

There will be a free will offering to support the efforts of AIRA (Ames Interfaith and Refugee Alliance and ASIP (Ames Sanctuary Interfaith Partners). Checks can be made to CUMC, memo line Helping Our Neighbors



CROP Walk



Save the date for CROP Walk!

The CROP Walk will happen on Sunday, October 8, at Ada Hayden Park (new location). Registration begins at 1:00, and the Walk starts at 1:30.

The Walk supports Church World Service projects around the world and 8 organizations in Story County. You can register and donate online and join the Collegiate Wesley team at this link: <https://buff.ly/3Pv5nak>

We are currently looking for someone to be the contact for Crop Walk going into then future. If you have a passion or interest in this important work please email Lauren Loonsfoot lauren@cwames.org



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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