

The
Communicator

February, 2024 Vol. 43 Issue 2

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 early January, after our second snowfall in a week.

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 2024 Communicator Deadline: February 20, 2024

Message from Pastor Mary

by Rev. Dr. Mary Lautzenhiser Bellon

When I was growing up, the church I attended did not have an Ash Wednesday service. **The distribution of ashes was not a part of that church's history or rituals.** I suppose when I was a kid in a Congregational church, the distribution of ashes seemed like a part of the Catholic Church and its rituals. So, it was when I was an adult and entering into the ministry in the United Methodist Church that I first became acquainted more deeply with the ritual and meaning around the distribution of ashes. I came to understand how this simple act of remembering our mortality and how our lives are governed by the way God has designed the Creation is a powerful moment, a humbling moment, a way of being connected to the long line of Christians over the centuries who have had their heads smudged with Ash at the beginning of Lent. It is a gateway, really, into a time of reflection on our relationship with God and abstinence from things that distract us from this relationship.



I hope that on February 14th, you will join us in the sanctuary at 7 pm as we go through the ritual of **distributing the ashes.** This is a time when we invite you to think about your life and how it's going and in what ways God is seeking to be nearer to you. This is a time when we invite you to enter into the season of Lent with anticipation of meeting God anew as we take the journey with Jesus to the Cross and then to the Empty Tomb.

Our theme this Lenten season is **Depth of Love: we will explore all the ways that Jesus' life, ministry, death and resurrection communicates to us God's presence and love and equally invites us in to lives of service, worship, learning and fellowship.** Here is a poem by Jan Richardson that I think gathers us in the spirit of this impending season:

Blessing the Dust

All those days
you felt like dust,
like dirt,
as if all you had to do
was turn your face
toward the wind
and be scattered
to the four corners

or swept away
by the smallest breath
as insubstantial -

did you not know
what the Holy One
can do with dust?

....

This is the moment
we ask for blessing

that lives within
the ancient ashes,
that makes its home
inside the soil of
this sacred earth.

So let us be marked
not for sorrow.
and let us be marked
not for shame.
let us be marked
not for false humility
or for thinking
we are less
than we are

but for claiming
what God can do
within the dust....
(Jan Richardson)

I look forward to seeing you in our fellowship at
Collegiate/Wesley,

Pastor Mary

Coming in Worship

February 4, 2024: Conclusion of Epiphany series, Taken, Blessed, Broken and Given. Scripture: 2 Kings 4: 42-44. Communion Sunday

February 11, 2024: Children's Choir, Transfiguration Sunday, Scripture: Mark 9: 2-9. Sermon: Crossing Over

February 14, 2024: ASH WEDNESDAY, Scripture: Matthew: 6: 1-6; 16-21. Homily: There Your Heart Will Be. Distribution of the ashes, 7 pm. Sanctuary

February 18, 2024: Scripture: Mark 1: 9-15. Sermon: Has Come Near

February 24, 2024: Scripture: Mark 8: 31-36. Sermon: For the Sake of the Gospel

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.



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.





Ash Wednesday

{INTO DUST YOU SHALL RETURN}

7:00 PM WEDNESDAY,
FEBRUARY 14, 2024



Lenten Sermon Series:

The Season of Lent is a time of self-reflection, of spiritual examination. While that is a healthy and necessary exercise, **we don't examine ourselves in isolation.** Instead, we are invited to lay our lives alongside the life of Jesus. It is a sobering exercise to say the least. And yet, what we discover in this examination of his life and ours, is not condemnation or recrimination. Instead, we are overwhelmed, the farther we go on this journey with him, by the depths of love he has for all of us. Lent is a time for getting our spiritual house in order, that is true. But above all, it is an invitation to once again commit to love like Christ loves.

Children, Youth & Family Information

by Lauren Loonsfoot, Director of Children, Youth & Families

SUNDAY SCHOOL UPDATES

FEBRUARY 2024



PreK-5th Grade

Currently learning about the Fruits of the Spirit

Lent rotations will begin on February 18th



Youth

Lenten Sunday School on the Psalms will start February 18th for middle schoolers and high schoolers



LENTEN DEVOTIONALS

will be available on ash wednesday and anytime after the service on the table in the west hallway. pick up one for yourself of your family

Ash Wednesday Invitation



Wednesday, February 14, 2024

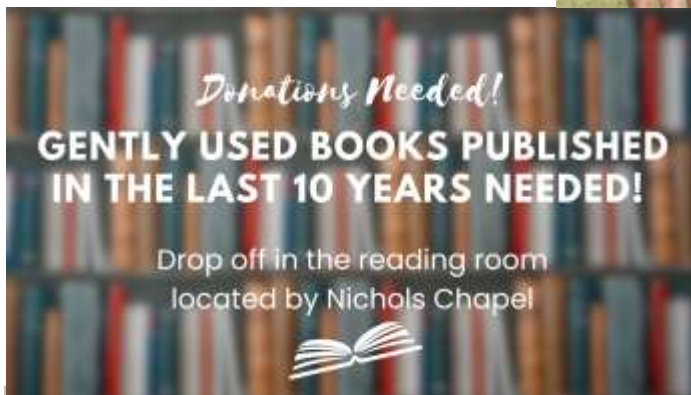
- 5:30 Weekly Meal, Wesley Hall, free will donation, breakfast for dinner
- 6:00 Lenten Activities, Wesley Hall, crafts, Lent calendar, etc.
- 7:00 Ash Wednesday Service, Sanctuary

Children, Youth and Families

Camping Season is fast approaching! The Iowa UMC has two camps, Camp Wesley Woods near Indianola, and Camp Okoboji in Okoboji. Collegiate Wesley supports individuals wanting to attend camp by providing a scholarship for 25% of the camping registration fees. If you have someone wanting to attend camp and receive the scholarship please contact Lauren Loonsfoot lauren@cwames.org. To view this seasons camping catalog visit the website here:

<https://www.iaumc.org/camps/>

Summer Camp 2024 Registration Open!



Reading Room Donations Needed

We're working on opening a free reading library for the community in the office by Nichols Chapel. We have some great books from the Library but are looking for more books to add to the shelves. If you have any gently used books that have been published in the last 10 years we would love them! We're looking for books for all ages! Drop off books in the reading room. See a book you like?



Sending to Serve

Lenten Special Offering!

During this Lenten season, Sending to Serve is reaching out to you with a heartfelt request for support. As part of our ongoing commitment to addressing crises around food insecurity, mental health and affordable housing, we are collaborating with Ames Interfaith Refugee Alliance (AIRA) to assist Ukrainian refugee families who will soon be resettling in our community. Many of these families have arrived with minimal possessions and are in need of essential household items. We kindly ask for your generous donations of household items and local grocery store gift cards to help these families rebuild their lives. Your contributions will make a significant impact, providing comfort and stability during a difficult period of transition. You will see a giving tree in the Gathering Space this season and can choose items to purchase such as kitchen essentials and cleaning supplies (and leave your donations beneath the tree), or provide a monetary online at www.cwames.org or by check. Together, we can create a welcoming and supportive environment for those who have sought refuge in our community. Thank you for your compassion and generosity.



Community Partner Highlight Bridge Home

Our mission is to walk with those who have fallen on hard times to help them find hope and a home. Founded in 1985, The Bridge Home is devoted to bridging the gap between homelessness and housing by providing shelter, support, and inspiring a pathway forward to individuals and families experiencing or on the verge of homelessness.

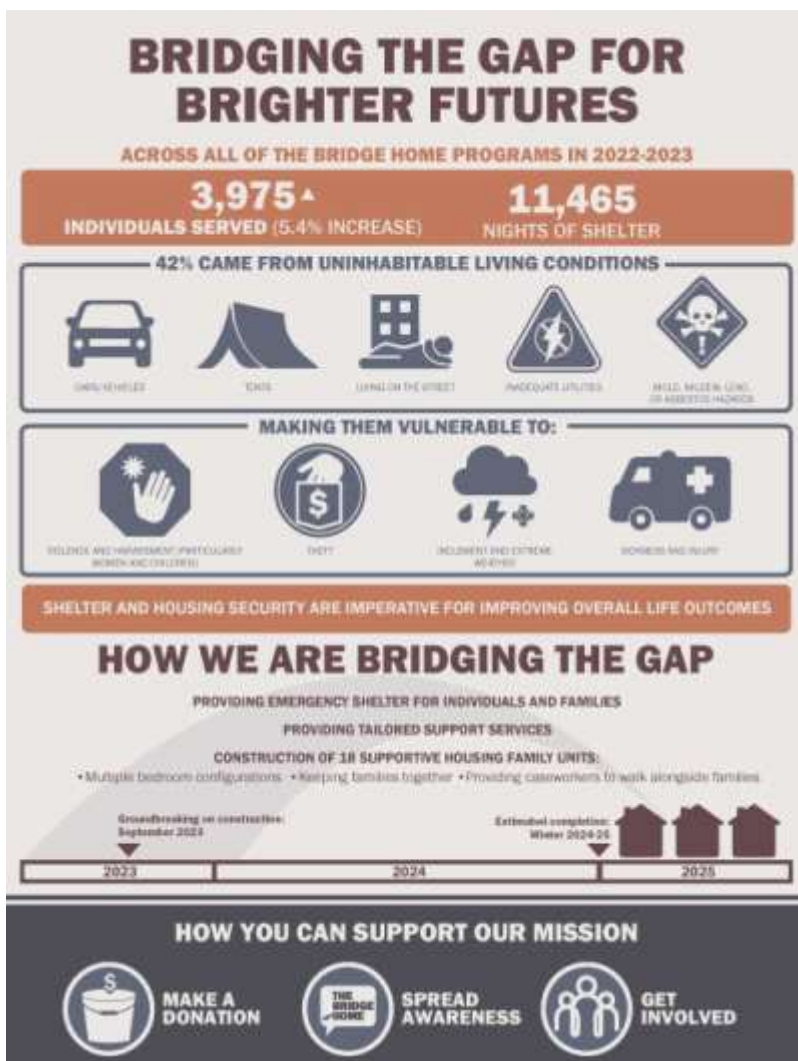
From our main campus in Ames, Iowa, our outreach spans the Two Rivers Region, serving Boone, Greene, Hardin, Marshall and Story counties.

Bridge Home Newsletter:

<https://files.constantcontact.com/3631ef7f701/697fa187-9bb8-4766-b72f-fc423feb472e.pdf>

To learn more about Bridge Home, check out their website.

<https://www.thebridgehome.org/>



Trustees

by Doug Warren, Facilities Superintendant

Snow, snow, snow, and COLD! That has been our year so far. From multiple big snow falls and blizzards, to -20 temperatures with a windchill that makes me shiver just thinking about it! Winter definitely has come in full force this year. While some of you might have had to go to work, others of you might have gotten to enjoy a nice snow day, looking out the window at the winter wonderland. For some people, the thought of snow removal never crosses their minds, others just appreciate being able to get to church on Sunday mornings. With a 350-car parking lot, a city block's worth of sidewalks, 14 exterior doors, 9 staircases, and two ramps, there's a lot of area to clear every time it snows. We started the winter season with 5,000 lbs of ice melt and rock salt. At the time of writing this, 1,150 lbs of that has been used. With the warmer melting days ahead, that number will increase a lot as we will have to put down more ice melt each morning to deal with the refreeze. The plow trucks have logged 17hrs plowing our lots so far and the snow mountains are growing. The number of hours spent shoveling is even greater. As much as I don't like snow, I rejoice in the gift of snow for what it does for us. Snow insulates tree roots and keeps them safe from freezing, and provides much needed water for replenishing our aquifers, lakes, and streams. Snow also gives a fresh look to everything, covering the often gray and tired look of winter. Thank you to the members who stop by every week and make the snow removal worth it. Also, please be safe. If the roads or weather are bad, you can always tune into our worship service, livestreamed on Facebook or Youtube. See you soon!



G.S. Nichols Scholarship Awarded

G.S. Nichols Scholarships provide financial aid to students from Collegiate/Wesley who plan a career of Christian service. A scholarship for the 2023-2024 academic year has been awarded to Jason Ellingson by the G.S. Nichols Scholarship Fund Board of Directors.

Jason is attending St. Paul School of Theology, a United Methodist Seminary in Leawood, Kansas. He is in the final year of the three year Doctor of Ministry program. Jason has been an active member of CUMC/ WF, in Stephens Ministry, served on Administrative Council, and has volunteered in many activities.

G. S. Nichols Scholarships were established in 1959 to honor the long-time pastoral ministry of G.S. (Sam) Nichols, who served Collegiate United Methodist Church and Wesley Foundation for 25 years. Only the earnings from our funds are available for scholarships. We welcome and appreciate memorials, bequests, and other donations to increase the principal and interest generated.

In the 61 years since the first G.S. Nichols Scholarship was awarded in 1962, more than \$208,000 have been awarded to 53 students.

If you have an interest in serving on the G.S. Nichols Scholarship Board, or if you need more information, contact Paula Anderson, pdanderson@mchsi.com, G.S. Nichols Board President, or Dean Phillips, Secretary/Treasurer.

Music at Collegiate/Wesley

by Patrick Gagnon, Director of Music Ministries

So.....do you like “Shalom?”

If someone visiting our church asked you what was happening at the close of worship when we sing that to one another, what would you tell them? Is it meaningful to you? To everyone? Has it endured?

What do you think about services that close without singing it (like the Christmas services we just celebrated in December)? Is church incomplete without that piece or does church still “count” if we don’t sing it? Have you ever visited another church that sings “Shalom” to close worship? Was something else used or nothing at all?

Here is my final question: when it comes time for “Shalom,” do you actually sing it? Sing it with your full voice? Sing it like you actually believe it means something? Like it is important to wish peace, good health, and overall well-being to those around you?

If we do any of these things during worship I feel that it is important that we hold it in our minds that it means something that we do them. Otherwise we should follow the advice of a disgruntled congregant from the last Lutheran church I served in Massachusetts: “during worship all I need is the **CONFESSION** and the **CREED**.” (Note that music and a sermon were not on his list.)

In a medieval Anglican tradition, the last Sunday before Advent is called “Stir Up” Sunday. The appointed collect prayer for that day:

Excita, quæsumus, Domine, tuorum fidelium voluntates: ut divini operis fructum propensius exsequentes, pietatis tuæ remedia maiora percipiant: Per Christum Dominum nostrum. Amen.

Translated:

Stir up, we beseech thee, O Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of thee be plenteously rewarded; through Jesus Christ our Lord. Amen.

So whether or not “Shalom” is your favorite, or any other part of worship, perhaps we should make it matter that we were in worship together. STIR UP the air around you and make what we do matter.

Otherwise what are we doing here?

Our Prayers

Prayers of Concern:

- for Sue Griffith and the Snell family on the loss of their mother, Shirley Snell. You can read Shirley’s obituary [here](#).
- for improvement of chemo side effects. ~ LeAnn Meehan
- for a friend’s spouse who has had a recurrence of a health concern. ~ Benjamin Hucker
- for Jon Banwart and family on the recent loss of his brother, Steven Banwart, who was a College Dean in Leeds, England.
- for the family and friends on the death of Jackie Manatt. Obituary and service information will be available at a later date.
- for Tom Olsen, home from the hospital, undergoing testing.
- for Phyllis Boon, recovering from surgery.
- For Pat Burns, Paula and Paul Anderson and family on the death of John Burns. You can read John’s obituary [here](#).
- For Marti Elston, recovering from knee replacement surgery.
- For Laura Shanks, who is moving to a different part of Northcrest.

WESLEY CENTER FEBRUARY



LAST MONTH

- Kintsugi Art (visit Student Lounge to see)
- Learned about how to read scripture
- Had a worship and prayer night

THIS MONTH

- Large Group every Wednesday from 7-8 P.M. in the student Lounge
- Dinner at 5:30 beforehand in Wesley Hall

CONNECT WITH LEWIS

Lewis Cox
Lewis@cwames.org
515-292-6936
cwames.org

UPCOMING EVENTS

- Pizza party and meeting our United Methodist Camps 02/16 @ 5 P.M. in the Student Lounge
- Leadership Training in DSM all-day, 02/10
Contact Lewis for details!

WAYS TO FOLLOW US



Volunteer Opportunities and Donations Requested

Little Food Pantry

With cold weather upon us, we ask for nonperishable items that are able to stand freezing temperatures. Suggestions are below. Please give as you are able.

- Peanut Butter
- Rice
- Dry Soup Mixes
- Dry Pasta
- Macaroni & Cheese
- Ramen
- Hot and/or cold cereals (oatmeal, cream of wheat, raisin bran, corn flakes)
- Flour/Sugar
- Personal Items: Shampoo, Deodorant, Soap

Please bring your donations directly to the Little Food Pantry, located outside the north door of **the Annex or to the box inside the west door of the church.** If you'd like to make a financial donation please click [here](#). Thank you so much!

Clothing That Works Needs Your Help.

Clothing That Works has been serving increasing numbers of people. CTW is in need of your clean usable adult clothing. Needed most: t-shirts, sweatshirts, hoodies, and jeans. Help others by cleaning out your closets.

OR you can donate money (checks can be sent 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). Donations should be dropped off when CTW is open: Wednesdays, 2-5pm and the first Saturday of the 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 opportunity to serve is February 23. 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

Iowa Migrant Movement for Justice

Email/message to solicit funds for Iowa MMJ's Story County Expansion Project:

Iowa Migrant Movement for Justice is a statewide immigration legal service organization that provides free or low-cost, high quality immigration legal assistance to low-income immigrants in Iowa. Recently they have expressed a willingness to bring low-cost legal services to Story County. Many of us have heard and know of the need for this service in Story County, where low-cost, affordable **immigration** legal assistance just doesn't exist. In order to expand into Story County, Iowa MMJ needs to hire additional legal staff and have funding for this. A group of interested local partners are leading the effort with Iowa MMJ for this to happen. **The initial goal is to raise \$50,000 in the first months of 2024 to have the clinics start in Story County summer 2024.**

This is where we need your help. Please consider donating to make this happen.

You may provide a tax-deductible donation online through this link

<https://iowammj.ourpowerbase.net/civicrm/contribute/transact?reset=1&id=6> or via check

(*you must note "Story County legal clinics" in the memo line) by mail to:

Iowa MMJ
P.O. Box 41006
Des Moines, Iowa 50311

More about Iowa MMJ: Iowa MMJ, created by the joining of forces of Justice for our Neighbors and the American Friends Service Committee, has over 45 years of combined experience providing immigrant legal assistance in Iowa. They believe that immigration is a human right and that everyone deserves to live in safety and dignity. The U.S. immigration system is complex, long and fundamentally unjust and many cannot afford to hire a private attorney. Iowa MMJ has diverse, expert and caring staff that serves immigrant and refugee communities across Iowa by providing quality affordable immigration legal counsel and representation. For further information on Iowa MMJ, go to www.iowammj.org

Thank you for your considering donating to bring legal clinics to Story County for our immigrant and refugee neighbors.

Quick Facts

9,064 individuals in Story County are foreign-born. Of those ...

- **30%** have incomes below the federal poverty level, making costly immigration legal services hard to afford.
- **27%** have limited English proficiency, adding an additional barrier
- **Only 1%** receive public assistance (food stamps/SNAP benefits/Social Security); immigrants have limited access to critical resources

Iowa Migrant Movement for Justice and Story County Partners for Immigrant Legal Aid,

Susan Benner and Donna Vandehaar



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.**



2622 Lincoln Way
Ames IA 50014
www.cwames.org