

The
Communicator

March, 2024 Vol. 43 Issue 3

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 February.

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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.

April 2024 Communicator Deadline: March 20, 2024

Message from Pastor Mary

by Rev. Dr. Mary Lautzenhiser Bellon

“O Lord, release me from the fears and guilts which grip me so tightly; from the expectations and opinions which I so tightly grip, that I may be open to receiving what you give, to risking something genuinely new, to learning something refreshingly different.” Ted Loder Breathe Restlessness into Me, © 2024).

As we continue our Lenten journey through the month of March, we practice that spiritual discipline of letting go of what keeps us from feeling grounded **in God’s love and taking up new pathways into fellowship, service and a** witness of prayer for the world. This month we make our way with Jesus to Jerusalem through the parade of Palm Sunday to the table of the Last Supper of Maundy Thursday, to the shadow of the cross on Good Friday, and finally to the triumph recognition of our new life as we celebrate the Resurrection. This journey is more than a recitation of ritual that we enact each year. Rather, it is an invitation to each of us to take part in the commitment of the sacrificial life and the life of love that can never be extinguished and which grants us so much: it delivers new friends, new possibilities, new ways of seeing **old things and new attributes like courage and generosity and gratitude for God’s presence in our lives** and the world. It is all this that we step into as we take the Lenten journey.



In Ted Loder’s prayer, he asks to be given the openness to risk “something genuinely new.” I think that is a powerful prayer for our Lenten season. What shall we risk to live in new ways? What is calling to you on your journey: something to learn, something to give, something to practice? In a world where there is so much stress and strain, may we be ambassadors of bringing new hope, new expressions of love and new commitments to peace and justice.

During the next few weeks, many will be preparing to travel for Spring break. I hope as a community here at Collegiate/Wesley we can think about Spring break as a week to reclaim ourselves as vibrant people living rich and full lives. And then bring that recovered awareness and energy into our life together as we continue toward Easter Sunday.

May each of you feel the presence of God in the center of your life.

Light and grace,
Pastor Mary

Coming in Worship

March 3rd Communion Sunday. Scripture John 2: 13-22 **“Turning Over the Tables”**

March 10th Scripture: John 3: 14-21. **“For God so Loved”**

March 17th Reception of New Members. Scripture: John 12: 20-33. **“Whoever Serves”**

March 24th Palm Sunday. Bells. Scripture: Mark 11: 1-11. **“Blessed is the One”**

March 28th **Maundy Thursday. 7 pm Wesley Hall. “That Everyone May Know”**

March 29th Good Friday. 7 pm Service. Led by Chancel Choir, Sanctuary

March 31st EASTER SUNDAY. HALLALUJAH HE IS RISEN! Scripture: John 20: 1-18.
“Love Disguised, Love Revealed.”

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.



Holy Week Schedule



**march
24**

Palm Sunday
10:00 am Sanctuary



**march
28**

Maundy Thursday
7:00 pm Wesley Hall



**march
29**

Good Friday
7:00 pm Sanctuary



**march
31**

Easter Sunday
10:00 am Sanctuary



Children, Youth & Family Information

by Lauren Loonsfoot, Director of Children, Youth & Families

SUNDAY SCHOOL UPDATES



MARCH 2024

Our Children and youth Sunday school classes are currently learning about Lent and Holy Week.



Reminders regarding spring break
No Sunday School March 10th
No Youth Groups on March 13th

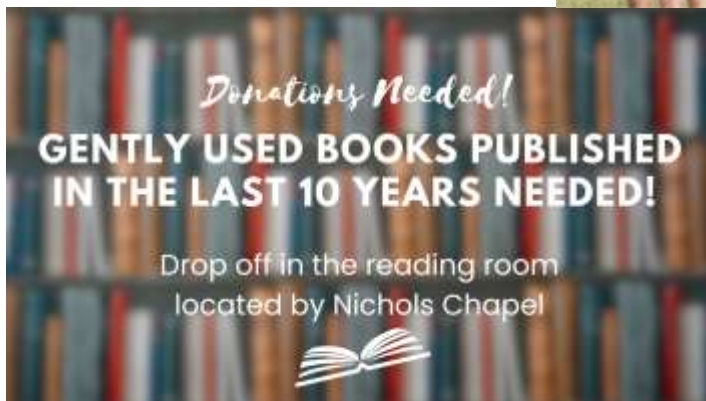


Children, Youth and Families

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?

Weekly Meal

We're continuing to have a great time on Wednesday nights for our weekly meal. All are welcome to come and enjoy at 5:30 on Wednesdays in Wesley Hall.

- No Weekly meal on Wednesday March 13th due to Spring Break.
- March 27th- Pot Luck meal
- Last meal of the semester April 24th.

Questions? Contact Lauren Loonsfoot lauren@cwames.org



Sunday School and Small Groups

Forum Class to Host GNEA

The Forum Sunday School class will host William Stodden, director of **Good Neighbor Emergency Assistance**, on Sunday, March 10, 9:00am (until 9:50) in the Norman Room. Mr. Stodden will speak on **his organization's mission, as well as food and shelter insecurity in our county. All are welcome to attend** this presentation.

About GNEA: Good Neighbor Emergency Assistance has been serving people in Ames and Story County for more than 25 years. Initially founded by many local faith communities, GNEA now also works closely with the United Way, The City of Ames and other Story County cities, ISU and the County to provide assistance designed to prevent homelessness. Our main services include rent, utility, emergency food and transportation assistance, and we also have a Navigator on-site to help direct people to more sustainable options and to assist in getting those who are eligible signed up for SNAP, CIRHA, LIHEAP, and Social Security.

Forum Class to Hold CAT Survey Listening Session

On Sunday, March 24, the Forum Sunday School class will host representatives from the Church Council for a listening session on the outcomes of the CAT Survey. Facilitators will be Darra Johnson, Mike King, and Jane Jacobson. Feel free to join, and share your thoughts. The Forum class meets in the Norman Room at 9am.

Spiritual Formation Class—Lenten Series

During March, the **Spiritual Formation** class will explore the topics of the Lenten sermon series: "Depths of Love."

March 3: Dianna Nelson leading "Depths of Love: I will Raise It Up."

March 10: Bev Kruempel leading **Depths of Love: Loving the Light.**"

March 17: Mike King leading "Depths of Love: Whoever Serves."

March 24: Patty King leading "Depths of Love: Blessed is the One."

March 31: TBA



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>

Music at Collegiate/Wesley

by Patrick Gagnon, Director of Music Ministries

New Words, Old Songs

So...is it "Come, Thou Fount of Ev'ry Blessing" or is it "Sing a New Church into Being?" Or is it "God of Abraham and Sarah?"

Or, for that matter; is it "O Lord My God" or is it "O Store Gud?"

For our **Lenten Doxology**, we will sing an old song with new words:

*Praise God throughout these forty days.
Praise Christ, Our Lord, whom God did raise.
And Praise the Spirit who imparts
God's love in Christ into our hearts.
Amen.*

Our Prayers

Prayers of Concern:

- For my friend who is having lung surgery, and her husband, who has prostate cancer. ~ Darra Johnson
- for Ken Howe, who is scheduled to get a new knee on Wednesday (Feb. 7). ~ Marjy Howe
- for my mother, Wanda Hucker, who is getting her pacemaker replaced on Wednesday, Feb. 7. ~ Bruce Hucker
- for my friends Linda, Joe, and Bill for complete and speedy recovery from their surgeries." ~ LaRue Clark
- for Denny Goodrich, recovering from surgery.
- for Laura and Don Tilton. ~ Mike Tilton
- for a friend in Nevada who was diagnosed with glioblastoma. ~ Lan Wallin & May Conde
- for the family and friends of Nex Benedict. ~ Lauren Loonsfoot
- for trans youth. ~ Lauren Loonsfoot
- for Palestine. ~ Lauren Loonsfoot
- for much needed moisture. ~ Helen Farr



Tulips for Easter

We will be decorating the chancel area with blooming plants for Easter Sunday. You have the opportunity to order pots of tulips wrapped in foil at a cost of \$14 each. If you would like to purchase a plant, please contact the church office or fill out an order form on Sunday mornings. **Cash/check must accompany the order.** The deadline for orders is **NOON** on Monday, March 11.



Trustees

by Doug Warren, Facilities Superintendent

Wow! What a change in weather we have had! We went from nearly 2' of snow and -20 all the way to 60 degrees and some hints of green! Some of the flowers in the courtyard are even trying to peek out!

Speaking of things that are green, this last month we completed some more “green” updates! Scaffolding was brought in to replace the old fluorescent lighting that was starting to have issues in the North and South staircases. Not only does this brighten things up and increases safety on the stairs, it also helps us **reduce our electrical usage. Over the time I’ve been here, we have been able to reduce our budget for utilities every year.** We used 80% of our utilities budget at the church, and 87% of our budget at the annex. This is with us continuing to reduce the utilities budget! Our electricity at the Annex has now been reduced enough to get us a lower rate!

As spring comes around, take some time to enjoy the weather and give thanks for nature.



Endowment Board

The 2024 Endowment Grant Application cycle has begun. The deadline for submitting applications to the Endowment Board is March 31. Grant applications will be reviewed during the Endowment Board April meeting. Five percent of the average year end Fund balance for the previous five years is allocated to support approved projects. For 2024, \$86,547 is available for grants.

Endowment grant funds are available for use for:

- Capital expenditures on behalf of, or in the name of, the Collegiate United Methodist Church and Wesley Foundation, Ames, Iowa, for real property acquisitions, repairs or improvements; or
- Funding or helping to fund new or existing programs to be administered or sponsored by the Collegiate United Methodist Church and Wesley Foundation, Ames, Iowa; or
- Benevolences endorsed, supported or approved by the Iowa Annual Conference of the United Methodist Church.

This may be one opportunity to help achieve **some of the church's** goals, such as enhancing the ministries or programs of C/W or for capital expenditures. You should also be aware that the application process requires applicants to engage the support of an appropriate C/W cluster or group to sponsor their projects. If the proposal requires space or capital commitments, applicants are asked to review their proposal with the Board of Trustees. These actions help to ensure the projects align with church priorities.

In 2023, the CUMC/WF Endowment Fund provided grants for:

- CW Promotional Clothing
- CUMC Banner, Stickers and Magnets
- Breakfast Boxes for RAGRAI Guests
- Little Food Pantry
- Clothing That Works
- DACA Renewal Support
- AED Units for the church
- Fireside Room Lighting
- Fireside Room Renovation
- Video Equipment for the Sanctuary
- Recruitment and Kickoff for Wesley Center in the Fall
- Wesley Foundation Website Redesign
- Wesley Retreat
- SunSmart Solar for Reduction of Electricity Cost and Carbon

What new and exciting projects can happen this year?

To apply, please use the 2024 grant application. It can be found at:

<https://forms.gle/xnNRmVP6T653U7Gw5>

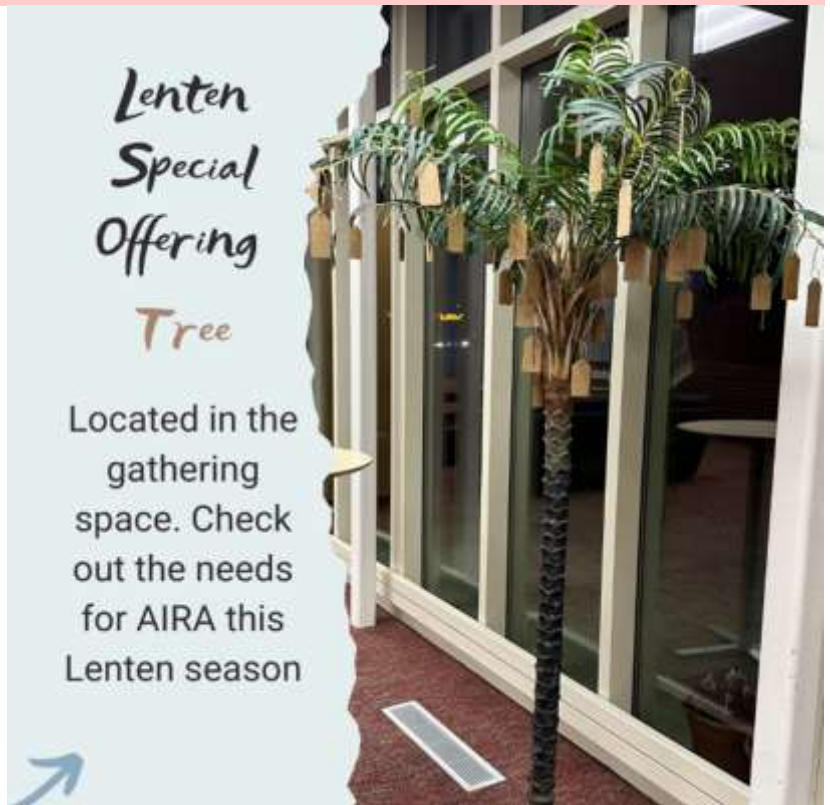
Sending to Serve

Lenten Special Offering

Sending to Serve, has been dedicated to addressing crises around food insecurity, mental health, and affordable housing. As part of our commitment, we have partnered with Ames Interfaith Refugee Alliance (AIRA) to assist Ukrainian refugee families who will soon be resettling in our community.

Many of these families have fled their home country due to war, persecution, and violence. Upon arrival in our community, they are in need of essential household items to rebuild their lives.

We are kindly requesting your generous donations of household items and local grocery store gift cards to provide these families with the necessary support to transition into their new life.



Your contributions will make a significant impact in providing comfort and stability during this challenging period of transition. You can make your donations by purchasing suggested items such as kitchen essentials, cleaning supplies, linens, and toiletries from the giving tree in the Gathering Space. You can leave your donations beneath the tree.

Alternatively, you can opt to provide a monetary donation online at www.cwames.org or by check. Your donations will go towards purchasing additional household items that these families need. We believe that together, we can create a welcoming and supportive environment for those who have sought refuge in our community. We are grateful for your compassion and generosity, and we thank you for being part of this worthy cause.

Food at First

In March we will have two opportunities to serve the Friday night meal. As the spring gets busier and busier we want to make sure we have enough help to have a positive experience for all receiving and serving the meal. If you are available and can help serve and clean up on **March 22nd** or **March 29th** please sign up! A great activity for those 8 and older! See more on page 13 about how to sign-up.



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 opportunities to serve are **March 22 and March 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

Saturday March 23 in Ames

The Central Iowa Community ID Card

Register to reserve an appointment



You probably already meet the requirements to prove your identity and residence! Accepted, for example, are a driver's license, a military photo ID, and a matrícula consular or passport. Prove your residence with bills in your name or medical or school records (less than 3 months old).

More information on requirements at:

www.communityid.org – or using this QR code:



Reserve a spot for March 23, 2024 (1:00 PM) by calling:

The Story County
Coordinating Committee at
(515) 599-8149
voice or text

iReserve your spot!



An Invitation to All



DOUG PROVOW'S 100TH BIRTHDAY PARTY!

YOU'RE INVITED TO CELEBRATE WITH US!

Saturday, March 23, 2024

2:00-4:00PM

Fireside Room

No gifts please.

He enjoys cards and written memories.



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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