



**COLLEGIATE**  
UNITED METHODIST CHURCH  
AND WESLEY FOUNDATION

# OPPORTUNITY BOOKLET FALL 2024



**INVITE - EXPERIENCE - GROW - SERVE**  
**CWAMES.ORG**

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The purpose of Collegiate/Wesley 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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# FALL SERMON SERIES



## DOING LIFE TOGETHER: FOUR (FRUITFUL) RULES

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This fall, after our Sunday School kick-off (Sept. 8) and Pride Worship at the Memorial Union (Sept. 15), we'll launch into a look at how we do life together.

Based on her book, Foolish Church, Pastor Lee will share her Four Foolish--and FRUITFUL---rules for how we live well, together. We'll think about authenticity, relationship, boundaries, and reconciliation.

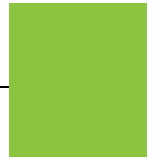
Along the way Pastor Lee will lead us in some intentional practice times around befriending one another. Who doesn't need to be better at that?! Whether you're in a new dorm or in a retirement community, or simply want to put Jesus' words about loving your neighbors into actual practice, there's something here for you.

Join us for worship--five Sundays, September 22 through October 20--and check out additional befriending times on Sundays 11:30-12:30 (starting Sept. 29) or Wednesdays at 4:30 (starting Oct. 2).

# CHILDREN & YOUTH

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# SUNDAY SCHOOL



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## CHILDREN

Sunday School options for Preschoolers-5th graders.

Sundays 8:45-9:45

Starting September 8th

8:45-8:55 Music

8:55-9:45 Sunday School rotations including Science, Art, Cooking and Drama/Storytelling

Room 202 Top Floor

<https://cwames.churchcenter.com/registration>

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## MIDDLE SCHOOL

8:45-9:00 Game and Snack Gathering time

9:00-9:45 Sunday School

Middle schoolers can take a few minutes to grab a snack and drink, play a round of ping pong then gather in the Middle School Sunday School room for their morning lesson.



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## HIGH SCHOOL

8:45-9:00 Game and Snack Gathering time

9:00-9:45 Sunday School

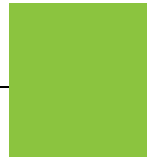
High schoolers can take a few minutes to grab a snack and drink, play a round of ping pong then gather in the Youth Room for their morning lesson



# CHILDREN & YOUTH

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## GROUPS



### WEDNESDAY KIDS CLUB



Following the Wednesday evening meal until 7:00 pm, Elementary aged children are invited to go to the Library for a time of Bible Stories, Games and Crafts! Sometimes this group will also work on service projects and special Advent/Lent materials.

It's a great mid-week fun time!  
Starts on Wednesday, Sept. 11th.

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### MIDDLE SCHOOL YOUTH GROUP

Wednesdays from 6:00-7:00 pm  
Youth Room upstairs on the top floor.  
This group provides the opportunity for our Middle Schoolers to connect mid week for a time of conversations, games and service! Starts on Wednesday, Sept. 11th.



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### HIGH SCHOOL YOUTH GROUP



Wednesdays from 7:00-8:00 pm  
Youth room upstairs on the top floor  
A time for High Schoolers to discuss what's been happening in their lives, discuss current topics, play games and work on service projects. A mid week laugh fest most weeks. :) Starts on September 11th

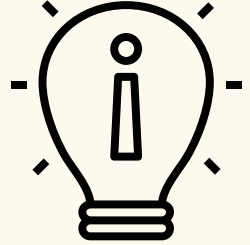
# ADULT SUNDAY SCHOOL

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## M&M

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This Adult Sunday School Class explores different topics from a faith perspective. We will often start with a short video followed by lively discussions. This group meets on Sunday mornings 9:00 - 9:45 in the Fireside room.

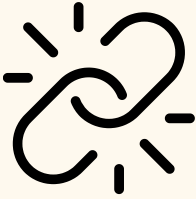


No preparation needed. All are welcome!

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## BUILDERS

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Builders class uses multiple platforms to explore current issues and how they connect to our faith. We will be meeting on Sunday mornings at 9:00 in room 44. Come join us.

## FORUM

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Check out the Forum Sunday School class! Topics based Forums throughout the year. Keep an eye out for postings of the topics. Coming up:

- County candidates: Sept. 29th, 9:00-9:55 a.m.
- State legislator candidates: Oct. 6th, 9:00-9:55 a.m.

Location: Forum (Norman) room



# ADULT SUNDAY SCHOOL

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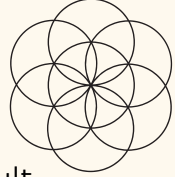
## SPIRITUAL FORMATION

This Adult Sunday School class is for persons interested in deepening their personal and communal spiritual life. This class explores various topics using discussion, videos and other expressions throughout the school year. "All questions welcomed, and all answers questioned."

Most Sundays September 8, 2024- May 18, 2025  
9:00-9:55AM in the Library on the lower floor.

Sign-up: <https://cwames.churchcenter.com/groups/adult-sunday-school/spiritual-formation>

If you have an questions please contact  
Mike King, [mikeking@dwx.com](mailto:mikeking@dwx.com) or 515-708-1419 or  
Eryn Shriver, [shriver3@gmail.com](mailto:shriver3@gmail.com) or 515-291-6227



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## TRANSFORMERS



## FAITH JOURNEYS

Faith Journeys is a Bible study that is adaptable to the needs and interests of individuals or groups. It can help us do one or more of the following:

- See the search for God's kingdom through the ages and our place in it.
- Know and live closer to God.
- Search for God's will regarding a specific project or area of work.

Currently one group meets monthly by Zoom. Meeting dates and times depend on the needs of the group and will be announced to all interested persons.

If you would like to see the Faith Journeys Bible Study Guide and/or get information about joining a group, please contact Mary Jean Baker at (515) 357-5107 or [bakerallan14@gmail.com](mailto:bakerallan14@gmail.com).



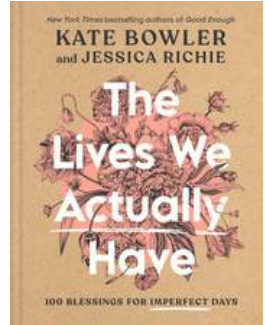
# SMALL GROUPS

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## ANAM CARA

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Anam Cara (Celtic for "soul friends") is a small group that explores faith through books, sharing, and conversation. We meet Wednesdays at 7pm in the Fireside Room. Starting on Wednesday September 11, we will be using the book *The Lives We Actually Have* by Kate Bowler as a guide for our discussion. There may be limited outside reading. If this type of group appeals to you please contact Janelle Keltgen (janelle@cwames.org) by September 3. Space is limited.



## SEASONS OF WONDER

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Seasons of Wonder is designed to allow you to gather together weekly with your loved ones and expand your understanding of divinity, specifically the radical but faithful idea that everything is sacred. This devotional is designed around weekly contemplative activities as well as interactive and transformative practices that connect us to surprise, awe, and wonder.

Seasons of Wonder will be a two format group. With a weekly Instagram connection component and a monthly in person gathering on the first Monday of the month. Contact Lauren Loonsfoot (lauren@cwames.org) with questions. Sign-up here: <https://cwames.churchcenter.com/groups/small-groups/seasons-of-wonder>



# SMALL GROUPS

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## DAD'S NIGHT OUT

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Join together with other guys for an evening of conversation. This group meets the first Monday of the month. We meet at the church by the West door before heading out to a different location to chat. Contact Steven Schroder at [s.r.schroder@gmail.com](mailto:s.r.schroder@gmail.com) if you are interested in more information or signing up.



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## DIVINE KNEADS

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Monthly Gathering to Bake Bread for Communion and to Share with Others 9:00-11:00 AM Saturday before the first Sunday of the Month. We're rolling up our sleeves to bake some real goodness. No need for formality, just bring your energy and let's bake bread together. It's not just about baking; it's about connecting. Join our crew, where every loaf has a purpose - from communion to making a difference in our community. Come get a slice of the action, where good vibes rise with the dough!

Sign- up for the group here:

<https://cwames.churchcenter.com/groups/wesley-center/divine-kneads>

# SMALL GROUPS

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## MENS COFFEE

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Come and spend some time with other CW men enjoying coffee on Wednesday mornings at 9:00 am in the Fireside room.



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## ROUNDTABLE

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Do you enjoy reading thoughtful books and discussing them with others? Check out Roundtable! The next book will be announced soon. For more information contact Bev Kruempel at [kruempel@msn.com](mailto:kruempel@msn.com) as well as to get your email on the notification list.



Sign- up for the group here:  
<https://cwames.churchcenter.com/groups/digital-small-groups/roundtable>

Previous books have included: “Benedictus” John O’Donohue, Earth’s Wild Music, All We Can Save, and many, many more!

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## ADDITIONAL SMALL GROUPS

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Small Groups and Sunday School classes are great ways to get to know others and build connections. To view a complete list of groups please visit:  
<https://cwames.churchcenter.com/groups>

# SMALL GROUPS

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## RELATING TO PEOPLE THROUGH EMPATHY

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Have you not known what to say to someone with a serious diagnosis or to a grieving spouse? Darra has struggled as well and knows how difficult that can be. In Stephen Ministers (trained volunteers who support individuals in crisis), we used a book, *The Gift of Empathy*, which opened my eyes to better ways of responding to people, important to us, and to ones we meet. Through this book, Darra discovered many missed opportunities with my family, friends and even strangers to be more intentional with her empathy and how to express it in proactive, loving ways.

This fall, Darra will be facilitating a small group with a focus on learning about ways to be more empathetic.

We will be using this book plus some Brene Brown wisdom and other resources. This session will be confidential and non-judgmental - we are all learning. There will be six or seven sessions.

One of the real benefits of small groups is getting to know people you have seen in church. If you have interest, please email [darrajohnson@gmail.com](mailto:darrajohnson@gmail.com).

The group will determine what is the best time to meet.



# CAMPUS MINISTRY

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## CAMPUS MINISTRY

Wanna help reach out to college students? Scan the QR code for a list of ways to get involved this fall!

📞 515-292-6936

🌐 [isuwesley.com](http://isuwesley.com)

✉ [Lewis@cwames.org](mailto:Lewis@cwames.org)

🔗 @ISU\_WESELY (IG & FB)



**WESLEY  
CENTER**

@ISU Wesley

# WEEKLY MEALS

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## WEEKLY MEALS

Last Fall we brought back the Collegiate Wesley Weekly meal. We averaged feeding 60 people a week!

From babies to those in their 80's!

All are welcome to come and eat.

- Where: Wesley Hall
- When: Wednesdays at 5:30 pm Starting September 11th
- Ways to help: Help prep beforehand at 5:00 pm. Or help clean-up following the meal around 6:15.
- Like last year our leftovers will be packaged and delivered to the Reliable Street Community Fridge. Where anyone who needs food can grab something any time of day!

Free will donations accepted to help cover the costs.

Able to lend a hand and be involved? Please email Lauren Loonsfoot [lauren@cwames.org](mailto:lauren@cwames.org) to sign-up.



# MUSIC OPPORTUNITIES

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- Chancel Choir
  - Wednesday Night, 6:30 - 7:30;
  - Sunday Mornings 9:15 - 9:45
- Middle School Handbells
  - Wednesdays, 5:30 - 6:00
- Youth Handbells
  - Sundays following worship, approx. 11:15 - 11:45

contact Patrick Gagnon; [patrick@cwames.org](mailto:patrick@cwames.org).

- Chancel Handbell Choir
  - Wednesday Nights, 7:30 - 8:30

contact Dee Dreeszen; [deedree48@gmail.com](mailto:deedree48@gmail.com)



# CLUSTERS COMMITTEES

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## WORSHIP CLUSTER

Meeting Times: 2nd Tuesday of the month 8pm.

Contact: Alex Jean  
[alexandra.barron97@gmail.com](mailto:alexandra.barron97@gmail.com)



The worship cluster helps facilitate a cohesive and immersive worship experience. The regular tasks include coordination of communion elements, ushers, and worship livestream, and we are very lucky to have a few volunteers who help oversee these items. Moreover, the worship committee is tasked with helping the pastors and staff with planning the creative and practical elements of special services (special sermon series, Christmas, Lent, etc.).

Our larger goals involve enhancing the overall worship space and worship experience at Collegiate UMC, making our church a place where each individual can connect to the service in their own way. Consider joining Worship Cluster if you would like to have a direct impact on the shape of our worship going forward, sharing your unique ideas and perspectives! The invitation is open!

## USHERS

Help greet people as they arrive for service. Duties also include passing out programs, helping with communion, collecting offering, and picking up the sanctuary after the service. Each team helps out once a month. Contact Steven Schroder at [s.r.schroder@gmail.com](mailto:s.r.schroder@gmail.com) to help out or for a full list of duties.





# CLUSTERS COMMITTEES

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## SENDING TO SERVE

The Sending to Serve Cluster helps coordinate special offerings, seasonal giving, the Giving Tree, hands on service opportunities and more. They liaison with global, national and regional projects including

- Katherine Parker- Missionary to Nepal
- Women at the Well
- Bridge Home
- UMCOR
- Food at First
- Ames Community Schools
- And more

Interested in learning more or serving on the cluster? Contact Lauren Loonsfoot  
[lauren@cwames.org](mailto:lauren@cwames.org)



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## FOOD AT FIRST



We have the opportunity to prepare and serve the daily meal for Food at First on the fourth and fifth Friday of every month (August 23 and August 30). There are two shift opportunities 3:30-5:30 AND/OR 5:30-7:30 pm

Early shift works on prepping and setting up for the meal for service. Second shift volunteers help service the meal and clean-up following the meal. This is a great opportunity to build community, have fun, and serve others. [sign-up here](#)

# CLUSTERS COMMITTEES

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## DENNIS BYRNE ENDOWMENT FUND

The Dennis Byrne endowment team distributes funds for international and local mission work. These funds are made available by the generosity of Dennis Byrne and his commitment to support mission projects that have at their core efforts acts of justice, compassion and mercy. The team meets once or twice throughout the year to administer the proposal process, usually via Zoom. Reach out to Megan Schroder at [megan.harvey@gmail.com](mailto:megan.harvey@gmail.com) if you are interested in joining this team.

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## ANNEX TEAM

If you don't have time for a regular meeting, a great opportunity exists where you can still volunteer to help out CUMC/WF. You can help with Annex maintenance and management of tenant's leases. No regular scheduled meeting required. You would work with Doug Warren, Mike King and Patty King to accomplish needed items. If this interests you, please contact Mike 515-708-1419 or Patty 515-460-4320.



# CLUSTERS COMMITTEES

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## REACHING AND RECEIVING

Do you see church as an inviting, welcome space to ALL of God's people? WE DO TOO!

Our focus in the Reaching & Receiving cluster is to invite others in the Ames community to experience God's love by joining us in worship, fellowship, service and social justice causes. At Collegiate United Methodist Church/Wesley Foundation, ALL means ALL! We celebrate diversity in its many forms. We are a safe haven for those who are new or questioning in their spiritual journeys; we are a warm hug to those students who may be homesick; we welcome all who want a closer relationship to the Creator.

This group sponsors activities such as Ames Pridefest and new member gatherings. Do you want to see a particular event take place? YOU can make it happen! Membership is open year-round. Contact chair VaLinda Parsons at [valindaparsons@gmail.com](mailto:valindaparsons@gmail.com).



# CLUSTERS COMMITTEES

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## HELPING OUR NEIGHBORS

Helping Our Neighbors

(Reports to Sending to Serve)

This is a group that meets together and leads involvement in various ministries primarily focusing on immigrants and refugees. We meet every 4-6 weeks to share updates and plans for future involvement in our community with all our neighbors.

Activities/Groups include:

- AIRA (Ames Immigrant Refugee Alliance)
- County Coordination Committee/Community ID Card Group
- Story County Immigrant and Refugee Collaboration
- Story County Partners for Legal assistance for immigrants and refugees jointly with Iowa Migrant Movement Justice
- Alternative Gift Market
- ASIP (Ames Sanctuary Interfaith Partners)
- Ames AMOS

If you would like to learn more about any of these opportunities or becoming involved, please contact Donna Vandelaar at [advand2715@gmail.com](mailto:advand2715@gmail.com).

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## WORSHIP TECH TEAM

Do you enjoy digital media? Sound or camera equipment? We are always looking to grow our Sunday morning tech crew! Help bring worship to life for those that are connecting virtually. Contact a staff member if you'd like to hear more!



# CLUSTERS COMMITTEES

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## GARDEN COMMITTEE

The group meets weekly to spruce up the lawn and garden spaces around the church building and the parsonage. No gardening experience is required. Bring your own garden tools. Depending on weather some watering duties may be needed between weekly gatherings. Participate as you are able. This could be volunteer hours for those who need them.

Meets weekly on Wednesday evenings, 6:00 - 7:30 PM,  
May - October

Contact:

Jon Banwart

(515-231-8747,

[jon@cookies-etc.com](mailto:jon@cookies-etc.com))

Jane Jacobson (515-450-1593,

[janej4831@gmail.com](mailto:janej4831@gmail.com))



## HOPE BLANKETS

Makes blankets to present to congregation members at times such as the birth/baptism of a new baby, confirmation, graduation, illness requiring extended recovery or loss of a close family member. You do not need to have sewing skills as we tie these fleece blankets.

Usually meets the third Tuesday from 1:30-3:00 pm. Occasional Saturday meetings so we can include working people.

If they are interested in learning more or getting involved contact Mary Ann Luncy ([mplundy@g.com](mailto:mplundy@g.com) 515-441-2055 for call or text)

# CARE OPPORTUNITY

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## STEPHEN MINISTRY TRAINING

As many of you know, our church participates in the Stephen Ministry program. Our Stephen Ministers are a team of congregation members who provide one-to-one, Christ-centered care to people in the congregation and the community experiencing life difficulties. For purposes of training classes and regular peer support meetings, we cooperate with the larger Stephen Ministry group of the local Catholic congregations.

A new Stephen Ministry training class will begin on November 6th and continue through April 2025, meeting on Thursday evenings from 6:00pm through 8:30pm at St. Cecilia Church. An information meeting for persons interested in the program and the upcoming training will be held at St. Thomas Aquinas Church on September 16th, 6:00pm to 7:00pm. Potential candidates will be asked to submit their applications for Stephen Ministry training by the end of September.

If you would like to know more about Stephen Ministry and the training program, please feel free to contact Josh Dobbs, Dara Johnson, Mary Ann Lundy, Max Morris, or Lori Schippers.



# DONATION OPPORTUNITIES

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## LITTLE FOOD PANTRY

Many thanks for all your financial support and food donations. The Pantry continues to serve those in need in Ames by providing basic food and hygiene items.

Always Needed:

- Crackers
- Canned Fruit & Vegetables
- Granola Bars
- Peanut Butter
- Pasta & Sauce
- Individual Microwavable Meals

Most Needed (Travel Size is fine):

- Shampoo/Conditioner
- Deodorant/Soap
- Toothpaste/Toothbrushes



Please Note: Only nonperishable, unopened items can be used. 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

Clothing That Works has been serving increasing numbers of people. CTW is in need of your clean usable adult clothing. 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. 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.



# EVENTS COMING UP

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## AMES PRIDEFEST

Saturday, September 14th!  
Downtown Ames

We are excited to be at Pridefest for yet another year! Sign-up for a slot below to sit at a booth and talk to folks about Collegiate UMC and Wesley Foundation.



LOVE WHO YOU ARE

## AMES COMMUNITY PRIDE WORSHIP



Worship is moving to the MU on Sunday September 15th! More details on logistics to come. Last year's Community Pride Worship service was an amazing time of community! Interfaith Community Pride Worship service on Sunday, September 15 at 10:00 a.m. in the ISU Memorial Union Sun Room/South Ballroom and by livestream.

# EVENTS COMING UP

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Join the Ames Area Religious Leaders Association for storytelling, dialogue, and authentic personal connection



**OPEN BOOK**

Read any good people lately?

September 29, 2:00-4:00 pm  
Ames Public Library  
515 Douglas Ave.  
Ames, IA 50010

Space is limited, so register today!  
Stop by the library or register online:  
[amespubliclibrary.org/event/open-book](https://amespubliclibrary.org/event/open-book)

Imagine a library full of stories—not written in books, but told through the lessons learned by people with real-life experiences. Books are people. They are our neighbors from diverse backgrounds who are willing to share their personal experiences and defining moments. Readers are people like you who are interested in hearing stories that inspire joy, awe, wonder, and disbelief. The conversations that follow will leave you feeling even more like you belong within your community.

This event is in partnership with the Ames Public Library and supported by Ames Public Library Friends Foundation.



# EVENTS COMING UP

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Join us for a movie screening and discussion of  
**GOD & COUNTRY**



**THURSDAY, SEPTEMBER 26**

**6:00 PM**

**Collegiate UMC & Wesley Foundation Annex  
130 S. Sheldon Ave, Ames, IA 50014**

Following the documentary screening, Connie Ryan, Executive Director of Interfaith Alliance of Iowa, will lead us in a discussion about the rise in Christian nationalism and its impact on our nation and communities.

*About the documentary: Many Christians fear their faith is being hijacked by an extreme right wing political movement known as Christian nationalism, which is the political ideology in part that America should be defined as a Christian nation. GOD & COUNTRY takes a closer look at the implications and explores how a base of Christians has radically stoked a dangerous movement.*

*GOD & COUNTRY features many of the most prominent and well respected voices of Christianity, including Sister Simone Campbell, Rev. Dr. William J Barber II, Jemar Tisby, Andrew Whitehead, and more. The documentary is directed by Dan Portland and produced by Rob and Michele Reiner.*



**INTERFAITH ALLIANCE OF IOWA**

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PO Box 41086, Des Moines, IA 50311 | [info@interfaithallianceiowa.org](mailto:info@interfaithallianceiowa.org) | [interfaithallianceiowa.org](http://interfaithallianceiowa.org)