

# NEWSLETTER



*Episcopal Parish of Ames*

March, 2010

## **FEELING DOWN OR ANXIOUS?**

In recent weeks I have talked with a number of people who seem “down in the dumps” or anxious. Some of it could be due to the winter weather that seems to not want to let go. Some of it could be due to the financial pressures people seem to be under in our economy. Some of it could be due to the news we hear on the television or in the newspaper each day. Products are being recalled because they are dangerous, people are losing their jobs and their homes due to the economy. There is constant political disagreement, and the wars still rage costing lives and obscene amounts of money.

On top of all this as people of faith we are asked to use the season of Lent to take a look at our lives and to grow closer to God. Into the midst of all this comes a quote from Viktor Frankl, a survivor of the Nazi concentration camps of World War II.

*We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man (or a woman) but one thing; the last of the human freedoms----to choose one's attitude in any given set of circumstances, to choose one's own way.*

Whatever is going on in our lives, if we are worried or depressed, we can choose our response. We can let our situation hold us captive and be diminished by the circumstances around us, or remember the faith that is in us. If we remember the faith that is in us and Jesus the model for our behavior, we will look for someone else to help. In doing so OUR spirits will be lifted, and so will the person we have assisted.

Our peace comes through helping others!

Faithfully,

**Christian Formation Focus**  
*Formation is one's life-long growth in Christ*

March 2010

Dear St. John's Parish Family,

I was blessed to fill in as a story teller for the Godly Play Classic class last month. The story I told was the "Parable of Parables." The focus of the story is to answer the question "What's really inside a parable?" The story is simply a series of nested boxes. Each box represents the parable told to a different generation of God's people. As a parable is told, what is inside it, its meaning, is somewhat defined by the individuals hearing the message.

This idea has made my brain do some reflecting on how we as humans can be given the same set of circumstances or hear the same message and have such a different interpretation of what has been presented. I wonder how this can be? How can something that is so clear to me be interpreted in such a different way by someone else?

I am reminded that that because of our varied life experiences, our perspective are different. As an example, the meaning of John 3:16 "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life" is different for someone that has never known unconditional love in comparison to someone raised and surrounded in love.

Our perspectives changes from year to year as we grow in our relationship with God. Even though you have heard the Easter story before, I would encourage you to enter this season of Lent, and the month of March, and listen for something that may have a new meaning for you.

Peace, Diane Bjorklund, Christian Formation Director  
Please contact me with questions about the children and youth programs at St. John's Home Office: 233-4715 Email: [DianeBjorklund@mchsi.com](mailto:DianeBjorklund@mchsi.com)

## EPISCOPAL PARISH OF AMES

### **Parish Office**

St. John's by the Campus  
Episcopal Parish and Student Center  
2338 Lincoln Way, Ames, IA 50014

### **Clergy**

The Reverend Canon Alexander A. Aiton, Jr.,  
Rector  
The Reverend Donald R. Payer, Deacon

### **Parish Assistants**

Jeannie Garcia, Secretary  
James Tener, Chaplain and Music Director  
Diane Bjorklund, Director of Christian  
Formation  
Jane Ringwald, Organist  
Wendy Ware, Organist  
Jane Galyon, Newsletter Editor

### **How to Communicate**

St. John's Office: (515) 292-6655  
St. John's e-mail: [church@stjohns-ames.org](mailto:church@stjohns-ames.org)  
St. John's fax: (515) 292-1941  
Fr. Aiton: [fralaiton@stjohns-ames.org](mailto:fralaiton@stjohns-ames.org)  
James Tener: [jamestener60@gmail.com](mailto:jamestener60@gmail.com)  
Diane Bjorklund: [DianeBjorklund@mchsi.com](mailto:DianeBjorklund@mchsi.com)  
St. John's Website: [www.stjohns-ames.org](http://www.stjohns-ames.org)  
Diocese of Iowa: [www.iowaepiscopal.org](http://www.iowaepiscopal.org)

### **Vestry, 2010**

Scott Saienga, *Senior Warden*  
Jim Stone, *Junior Warden*  
Deb Fisher, *Treasurer*    Mary Kay Abbott, *Clerk*  
Bruce Bjorklund            Jim Fisher  
Bronwyn Frame             Liz Keys  
Coralie Lashbrook         Bob Ozinga  
Carol Vleck                 Nick Yancey  
Dorothy Yoerger

### **Newsletter, March 2010, Vol 16, Num 3**

This publication, Newsletter, is published monthly except July by the Episcopal Parish of Ames, a non-profit organization, 2338 Lincoln Way, Ames, Iowa 50014. Comments or inquiries may be sent to the church office. The **deadline for the next Newsletter is Wednesday, March 24.** Submit articles to Jeannie at St. John's or via email to [church@stjohns-ames.org](mailto:church@stjohns-ames.org) and [jgalyon@iastate.edu](mailto:jgalyon@iastate.edu)

### **March Birthdays**

6    John Joiner  
8    Effie Lingren, Jack Shelley  
9    Marti Elzer  
11   Peter Matthews  
12   Joanna Muggli  
14   Steven Fales, Natalie Long, James Moody  
17   Michael Bloom  
21   Rick Clark  
23   John Corbett  
24   Arthur Akers, Elena Andrews, Ginny Blackburn, Jean Griffen  
28   Katherine Fowler, Drew Shives  
31   Orvilla Elleby, Sharon Freeman

### **March Anniversaries**

1    Milly & Bob Ozinga  
14   Jean & Weldon Walsh  
24   Carol & David Vleck

### **March Coffee Hour**

7    8    VOLUNTEER NEEDED  
      10   VOLUNTEER NEEDED  
14   8    VOLUNTEER NEEDED  
      10   VOLUNTEER NEEDED  
21   8    Carole Magilton & Joan Herwig  
      10   VOLUNTEER NEEDED  
28   8    VOLUNTEER NEEDED  
      10   VOLUNTEER NEEDED

### **March Lectionary**

#### **March 7**

The First Lesson: Exodus 3:1-15  
The Psalm: Psalm 63:1-8  
The Second Lesson: 1 Corinthians 10:1-13  
The Gospel: Luke 13:1-9

#### **March 14**

The First Lesson: Joshua 5:9-12  
The Psalm: Psalm 32  
The Second Lesson: 2 Corinthians 5:16-21  
The Gospel: Luke 15:1-3, 11b-32

## **March 21**

The First Lesson: Isaiah 43:16-21

The Psalm: Psalm 126

The Second Lesson: Philippians 3:4b-14

The Gospel: John 12:1-8

## **March 28**

The Liturgy of the Palms

The Gospel: Luke 22:14--23:56

## **Tools for the Christian Journey for March**

"Searching for God in the rubble of Haiti"

Each session provides opportunities for learning and theological reflection. A session on Haiti gives participants an understanding of that nation's life and history.

- Does God cause disasters?
- Why doesn't God prevent them?
- Where is God when disaster strikes?
- What is our Christian response?

## **Confirmations**

James Moody

James Tener

Andrew Galyon

Zachary Galyon

Ian Thiermann-Borious

Sicily Canny

Jennifer Pearson

## **Received**

James Murdock

## **Reaffirmed**

Kim Townsend

## **Baptism**

Phillips Lash Townsend

## **St. John's Rummage Sale**

The Choir Auxillary is planning a spring rummage sale in April. The dates will be decided and posted soon. Start saving your "stuff" and look for posted details. The rummage sale will benefit St. John's choir. Questions call Phyllis Heffron, chairperson, 231-0321 or 292-0514

## **Warden's Words**

With some prayerful help from the parish; we, as a Vestry, are going to start looking at the committee structures and volunteerism. Both of these are key elements of St. John's life. In the coming meetings we will be exploring ideas to streamline and improve the committee structure; utilizing your help to improve our faith lives more in our Church and our Communities. Feel free to help in this process, if you have ideas please express them to one of your Vestry members; or if you are willing to service in some capacity let us know. Every hour volunteered is one less we have to support financially and strengthens our family. We are going to be following a Diocese plan developed a couple of years ago to improve the faith community.

Another area of work for the Vestry this session is going to be the window project. In a month or so we will be sending out a pledge request for a three year commitment to an established window fund for the repair project. The Company we are working with is currently reviewing the 2009 cost estimate; and we will have a target amount we need. I will be setting up a meeting for the Project Designer to come to St. John's; speak about the process and what is needed to maintain the windows. So, when you receive the pledge card, prayerfully consider a commitment to keep our worship campus in good structural shape. When the repairs are complete we will start a final phase of the window project. It will be a long term window replacement plan that has been well thought out and designed.

What we would like is three parishioners plus two Vestry representatives and Father Al to work with the Window Designer to develop a theme for each window; so if someone would want to donate through a bequeath or memorial for the replacement of a window with a theme, there is a plan to follow.

*Scott Saienga, Senior Warden*

## **Mardi Gras Celebration**

Though the wind was blowing and the temperature dropped, we had around 80 people in attendance this year. The inviting smells hit you before you entered the building and lingered throughout the night into the next morning. A wonderful time was had by all. A basket was put out for donations to the Bethesda Lutheran Church Food Pantry. The total collected was \$90.

Many thanks to the people who helped prepare the food, to those who helped with the Seven Deadly Sins and all who helped clean up. "Many hands **did** make light work."

*The Fellowship Committee*

## **Emergency Residence Project Meals**

The homeless shelter depends upon local faith communities and other organizations to provide evening meals on a regular schedule. St. John's continues a commitment to this much-needed outreach service by providing the meal on the second Wednesday of each month. The sign-up sheet for 2010 is posted on the bulletin board, and your help will be much appreciated. If you have questions, please contact Ruth Swenson (268-5212), who will provide instructions and reminders.

## **Matthew 25 Request**

Matthew 25 needs a used six foot dining room table with or without chairs. We can pick it up. Call Don Payer if you have a table you would like to donate. 515-233-8191. Thank you for thinking of us.

## **Coffee Hour Volunteers Needed**

Please consider volunteering to do the coffee hour following the 8 a.m. or 10 a.m. service. Sign-up sheets are on the table in the parish hall. The church provides all paper products as well as coffee, tea, punch, etc. You are welcome to bring your own baked goods, fruit, cheese, etc, but this is not necessary as cookies and crackers are also provided if you would like to use them. Duties involve making coffee before church, laying out all the food and accessories, and cleaning up afterwards. Instructions for everything are

provided. In particular *simple* instructions are posted on the Hobart dishwasher. However if you prefer not to wash the coffee cups, etc, paper cups are available. If you have questions, please ask Carol Vleck, Margaret Dempsey or Helen McRoberts.

## **Food at First**

We continue to serve the Food at First meal on the fourth Saturday of each month. Thanks again to everyone! Our next date is March 27. Please call me if you have any questions.

*Ed Gillott*

## **Good Neighbor Event**

Lucullan's Italian Grill, 400 Main St. will host a fund-raising dinner to benefit Good Neighbor, on **Sunday evening, March 7**. Event organizers hope to raise \$3,000 for the Good Neighbor's Healthy Food Vouchers Program.

Tickets can be obtained by contacting Nick Yancey (Good Neighbor Representative for St. John's) or you can stop by the Good Neighbor office, 508 Kellogg Avenue (across from the post office), from 9 a.m. to noon, Monday through Friday.

## **Forgiveness Study**

Forgiveness is a word often heard and spoken in Christian circles. Some would say it is the very foundation of our faith. Despite the central role that forgiveness has in both the teaching and practice of our faith, there are times when forgiving another person can be extremely difficult. This difficulty can be plainly seen and understood in examples of physical abuse, marital infidelity, or violent crimes. However, difficulty forgiving can also occur in less dramatic situations where the offense is ongoing, repetitive, or committed with no remorse. In all these cases forgiving the offending person can be one of the most difficult things to do, despite the most earnest of intentions to "forgive those who transgress against us."

Recent research has shown that counseling and psychotherapy can be very effective for helping people to overcome significant injuries and

forgive those who have hurt them. Several different methods have been developed by psychologists to help people struggling with past hurts ranging from sexual abuse to marital infidelity to more common hurts, such as betrayals or neglect. These different treatments appear to help people to move past anger and resentment, to move toward forgiveness, and to feel better about themselves and life in general.

Nathaniel Wade, PhD, associate professor at ISU, is continuing this research. He is currently directing a study on the effectiveness of counseling groups to help people overcome past interpersonal injuries. He is interested in what types of treatments are most helpful for which types of people, so that the most helpful interventions can be used for the right clients. He is currently recruiting participants for this study. To learn more, you can contact him or his staff at 294-1898 or [info@isugroupstudy.com](mailto:info@isugroupstudy.com). You can also visit the study's webpage: [www.isugroupstudy.com](http://www.isugroupstudy.com).

### Christian Formation/Education News Sunday Programs for Children and Youth

#### March Godly Play schedule at 9 am:

Date	St. John's	G P Classic	G P Extreme
Mar 7		Mystery of Easter	Job
Mar 14	Spring Break 1	No Class	No Class
Mar 21	Spring Break 2	No Class	No Class
Mar 28	Palm Sunday	Synagogue & Upper Room	Faces of Easter

**Godly Play Classic** is especially for children ages 3 to kindergarten but also a great place for children new to Godly Play to start. These students will meet in the east half of the parking lot level classroom. They will hear the basic stories of Godly Play which are also the foundational Christian and Episcopal stories important for all of us to know in our hearts and minds.

**Godly Play Extreme** is for children 1<sup>st</sup> through 6<sup>th</sup> grade. These students will meet downstairs in the northwest classroom. In addition to the foundational stories, they will hear more about individuals in the old and new testaments as well as some of the saints we recognize throughout the liturgical year.

#### March EYC (Episcopal Youth Community) Schedule

Date	Sunday mornings 9 am	Sunday Evenings 5 to 7 pm
Mar 7	Class	Journey Night
Mar 14	No Class - Spring Break	No EYC – Spring Break
Mar 21	No Class - Spring Break	Game Night
Mar 28	Class for Mid School	Youth Attend Happening Closing at 2pm

**EYC Meals:** Thank you to the **Bjorklund's** for super bowl fun Feb 7 and dinner on Feb 14 , **Leigh Ann Long** for dinner on Feb 21, and the **Galyon's** for dinner on Feb 28. Please check the table in the Parish Hall for 2<sup>nd</sup> semester meal signups.

#### Looking for a way to help at St. John's?

**Nursery:** The playroom is sometimes very full on Sunday mornings at the 10 a.m. service. Would you be willing to be a child care helper on call? To keep the children safely supervised we should have 1 adult for every 5 children. Last semester we had 10 to 12 children on some Sundays. We are preparing a list of adults to be on call to help Katie if needed. If you are willing to serve in this way, please contact Diane Bjorklund at 233-4715 or [DianeBjorklund@mchsi.com](mailto:DianeBjorklund@mchsi.com) for more information.

**EYC:** The teenagers at St. John's need adults (not just parents) to transport and attend with them Diocesan youth events. St. John's should send one adult for every five youth when an event is scheduled. For an explanation of what is

required to be a chaperone, please contact Diane Bjorklund at 233-4715 or [DianeBjorklund@mchsi.com](mailto:DianeBjorklund@mchsi.com).

**Save the Date for future Diocesan Events:**

**Happening #28** - 9<sup>th</sup> to 12<sup>th</sup> graders - March 26 to 28 in Des Moines

**New Beginnings #4** - 7<sup>th</sup> to 9<sup>th</sup> graders - April 23 to 25 at Pictured Rock Camp in Monticello

**Episcopal Diocese of Iowa Camp** for 3<sup>rd</sup> to 12<sup>th</sup> graders June 27 to July 2 at Pictured Rock Camp in Monticello

**Ministry Retreat** July 23 to 25 in Grinnell

**Day with the Bishop** August 21 in Des Moines

**Happening #29** September 4 to 6 location TBA

**New Beginnings #5** October 8 to 10 location TBA

**Diocesan Convention and Youth Conference** October 29 to 30

**Episcopal Relief & Development Responds to Ice Storm in the Dakotas**

On January 20, the Episcopal Dioceses of North and South Dakota were affected by a devastating ice storm and subsequent blizzard that left more than 14,000 people without power or access to clean water. The already shaky infrastructure of indigenous communities living on the Cheyenne River and Standing Rock Reservations was further crippled by the storm. The severe weather downed over 3,000 power poles. Resulting power outages led to the loss of perishable food items and to equipment malfunctions at the local water treatment facilities, contaminating the region's supply of drinking water. Freezing temperatures caused significant damage to most families' furnaces and the pipes in many residences froze and burst. It is estimated that most homes will sustain \$2,000 to \$5,000 in damages. Although the storm has passed, reports indicate that some areas could be without power for up to a month while services are restored. With no heat, electricity or running water, these communities continue to face temperatures well below freezing. They are bracing for the possibility that this winter's worst storms are yet to come. The most severe winter weather usually does not hit this area until March or April. "Although much of the world's focus

is on the problems in Haiti, it is crucial that we do not forget those in need here at home," said Abigail Nelson, Episcopal Relief & Development's Senior Vice President for Programs. "Episcopal Relief & Development is committed to supporting the communities of the Standing Rock and Cheyenne River Reservations as they recover from these storms and get back to life as normal."

To support Episcopal Relief & Development's work, please visit [www.er-d.org](http://www.er-d.org) or call 1-800-334-7626, ext. 5129. Gifts can be mailed to Episcopal Relief & Development, PO Box 7058, Merrifield, VA 22116-7058.

**Friendships International Needs Friends**

Friendships International is a program to help orient international students and scholars at Iowa State University (ISU) to the Ames community by pairing them with Ames area residents (families or individuals) or with ISU American students. This is not a host family program as the international students and scholars do not live with their American friends, they simply meet occasionally as friends. The Friendships International program hosts the first meeting between groups and asks the American friends to arrange at least one meeting. If interested go to [www.isso.iastate.edu/Programs](http://www.isso.iastate.edu/Programs) for more information and registration packet.

**Diocese of Iowa Summer Camp 2010**

Camp will be June 27-July 2 at the Pictured Rocks United Methodist Camp in Monticello. We have used this camp for New Beginnings and other youth events in the past and have found it to be very comfortable, affordable, and the perfect size to meet our needs.

Online registration is available at <http://iowaepiscopal.siteoncall.com/events/index.php?event=188>

***In order to make this camp a success, we need your help!***

1. Invite children and youth finishing 3rd-12th grade to attend!

2. Consider volunteering for a leadership position, or invite another adult to serve!

**Camp Adult positions needed**

All camp staff will be provided room and board, plus 50% off camp registrations for their children. Staff will be asked to meet for training prior to the event. This date will be determined based on the schedules of adult volunteers. In particular, **12 Cabin Captains (6 male, 6 female)** are needed. Volunteers must be at least 18 years of age for 3<sup>rd</sup>-5<sup>th</sup> grade camp and at least 21 years of age for Jr. High and Sr. High camp. These volunteers are responsible for overnight supervision of youth. Time off will be provided during the day.

Please let Lydia Kelsey, Diocesan Youth Missioner, know if you have any questions or if you would like to serve on camp staff. We hope to have the staff in place by April 16, 2010. Lydia can be contacted at [lkelsey@iowaepiscopal.org](mailto:lkelsey@iowaepiscopal.org)

**December 15, 2009 Vestry Minutes**

Fr. Al Aiton called the meeting to order at 7:00 p.m. with the Order of Evening Prayer. Members present were: Mary Kay Abbott, Jim Fisher, Bronwyn Frame, Coralie Lashbrook, Jeremy Long, Helen McRoberts, Scott Saienga, Jim Stone, Carol Vleck and Dorothy Yoerger. Members absent: Margaret Dempsey and Bob Ozinga. Also present: Fr. Al, Deb Fisher and Diane Bjorklund. For time study Fr. Al recommended meditation on "How Jesus Lives Within Us."

Minutes of the November 17 Vestry Meeting were approved as e-mailed.

**Ministry Area:** Diane B. reported on the Youth Breakfast fundraiser to be held January 3. The confirmation classes have begun with 7 participants. Confirmation will take place February 14. Additional information on Christian Formation/Education Report is attached. No report from Campus Ministry.

**Property Area:** Visibility strips have been installed on the stairway. Bob Elzer fixed the

fireplace and no additional repairs were needed since November Vestry Meeting.

**Parish Life:** Discussion on the need for Coffee Hour Chairs led to Carol V. and Helen McR. volunteering to oversee this effort and encourage others to get involved. Coralie L. reported that she is continuing to search for a qualified appraiser to examine the "Last Supper" Tapestry. Dorothy Y. encouraged people to visit and write to parish members who are in care centers and provided an address for Martha Kniseley.

**Financial Area:** Deb Fisher reported pledges are still coming in. The Profit & Loss Reports are attached. The Segregation of Financial Duties is proceeding as planned. Jim S. moved, Jeremy L. seconded to accept the Financial Report. Motion passed. The Endowment Committee will meet January 10, 2010 at 9:00 a.m. Fr. Al provided a copy of the Housing Resolution for clergy. The resolution was approved and a copy is attached.

**Unfinished Business:** The Parish Survey of interests resulted in 6 responses. The survey will be printed again in June. The Faith Alive weekend was discussed and to date, no one has offered to co-chair this event. We were reminded that St. John's will host the Cursillo Weekend in June 2010. Carol V., Helen McR., Jeremy L. and Margaret D. will be completing their terms on Vestry. Fr. Al handed out a list of people who qualify for serving on the Vestry. Members are asked to vote for two men and two women to fill the 2010 to 2013 term.

Adjournment: Vestry meeting adjourned at 8:02 p.m.

Respectfully submitted: Mary Kay Abbott, Clerk