

# NEWSLETTER



*Episcopal Parish of Ames*

November, 2009

## **The Eucharist and the H1N1 Flu**

There has been a great deal of information in the news about the H1N1 flu risk and the precautions we should all take to avoid it. In some ways the media has whipped the frenzy about this particular flu to new heights! Many people are afraid and others want strict enforcement of any suggestions to reduce the risk of infection. I want you to all know that I take the danger of the flu **seriously**. My uncle, my mother's five-year-old brother, died in the 1918 pandemic and I grew up visiting his little grave.

Having said this, I have looked carefully at the risks involved with our worship, checking with people in our diocese and beyond. As people of faith we are called to continue to gather for worship. In so many ways our faith practices support us through times of concern and stress. There are some things that we can do to reduce the risk of flu infection in our parish family. **There is no way to eliminate totally the risk as in any other aspect of our lives.** Here are some suggestions that I hope we can reasonably follow in the months ahead:

- If we are not feeling well we should stay home. It will give us time to heal and not expose other people.
- We should follow all the guidelines for frequently and properly washing hands with hot water and soap.
- We should sneeze or cough into our elbows, avoiding the spreading of germs.

There are hand sanitizer bottles in the church for your use. Some people have indicated a desire to use hand sanitizer after the exchange of the peace and before receiving communion. The clergy and communion ministers will use the same before administering the sacrament. They will carefully wipe the chalice. Between services please know that the communion vessels and linens are washed in hot soapy water.

It was interesting to note in my research that the process of intinction (dipping the wafer in the chalice of wine) **not only does not reduce the risk of infection over drinking from the common cup, but according to the scientists increases the risk.** Fingers come in contact with more germs than saliva. The decision regarding which to do remains your choice.

Finally, whether to get a H1N1 flu shot is a matter of personal decision. I intend to get one when they become available (I have already received a seasonal flu shot) because we have baby Charlotte in our household. You should make this decision for yourself, discussing it with your health care provider. No one should make another feel guilty regardless of his or her decision about this personal health matter.

Common sense and concern for others should always be part of the decisions we make. I am certain that we will all do everything we can to keep each other healthy.

Faithfully,

## Christian Formation Focus

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

November 2009

Are you interested in knowing more about the Episcopal Church? Were you baptized as an infant and want to make the promises made on your behalf by your parents for yourself? Maybe you have not been baptized yet and would like to find out what it all means? Were you confirmed previously in the Episcopal Church or in another denomination and want to reaffirm the promises you made or become a member of the Episcopal Church?

St. John's is beginning to plan for our Bishop's visit in February. When the Bishop visits a congregation the sacraments of baptism and confirmation are offered. Therefore, St. John's will be offering Confirmation Classes on Wednesday evenings twice a month beginning November 18<sup>th</sup> from 7:15 to 9:15. All high school students and adults are welcome and invited to attend the classes to learn more about the Episcopal Church and the making of a mature commitment to Christ. The personal choice to be confirmed can be decided in February. Please sign up for the class in the Parish Hall so the correct number of materials can be purchased.

In case you do not understand some of the vocabulary above, here are a few definitions using *A Dictionary for Episcopalians* by John N. Wall.

**Bishop:** The chief sacramental officer of the Episcopal Church, and the office that gives that church its name. The Greek word for bishop is *episcopos*, 'overseer'; the name of the Episcopal Church thus means that it is a church with bishops. Diocesan bishops are the chief pastors for their dioceses, entrusted with safeguarding the teaching and faith of the church and with special offices of ordination and confirmation. They are required to visit all the parishes and missions in their dioceses at regular intervals, preside at diocesan conventions, and assume administrative oversight of their diocese.

**Holy Baptism:** Sacramental rite of full initiation, by water and the Holy Spirit, into membership in the Christian church. At the service, all the members of the congregation renew their own baptismal vows and welcome the newly baptized into the community of faith. If the baptized person is too young to make the baptismal promises, they are made in the name of the child by sponsors, the child's parents and godparents. Baptisms may take place by immersion or by pouring water over the head of the baptized, and in the Anglican tradition, is always accompanied by the celebrant making the sign of the cross on the forehead of the baptized, often anointing with the oil of chrism at the same time.

**Confirmation:** A post-baptismal rite of mature commitment to Christ through prayers, the renewal of baptismal vows, and the laying on of hands by a bishop.

Read more about Episcopal vocabulary definitions in future newsletters. Please don't hesitate to send me an email or give me a phone call if you have any questions about the programs at St. John's.

See you at Church!

Peace, Diane Bjorklund, Director of Christian Formation  
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)  
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Fr. Aiton: [fralaiton@stjohns-ames.org](mailto:fralaiton@stjohns-ames.org)  
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St. John's Website: [www.stjohns-ames.org](http://www.stjohns-ames.org)  
Diocese of Iowa: [www.iowaepiscopal.org](http://www.iowaepiscopal.org)

### **Vestry, 2009**

Scott Saienga, *Senior Warden*  
Jim Stone, *Junior Warden*  
Deb Fisher, *Treasurer* Mary Kay Abbott, *Clerk*  
Margaret Dempsey     Jim Fisher  
Bronwyn Frame         Coralie Lashbrook  
Jeremy Long             Helen McRoberts  
Bob Ozinga              Carol Vleck  
Dorothy Yoerger

### **Newsletter, November 2009, Vol 15, Num 10**

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 Monday, November 23.** 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)

### **November Coffee Hour**

1 8 Joan Herwig & Carole Magilton  
10 Galyon Family  
8 8 VOLUNTEER NEEDED  
10 Jane Zaring  
15 8 Joiner Family  
10 Scott & Vicki Saienga  
22 8 VOLUNTEER NEEDED  
10 VOLUNTEER NEEDED  
29 YOUTH BREAKFAST

## **Lectionary for November**

### **November 1 – All Saints Day**

The First Lesson: The Wisdom of Solomon 3:1-9

The Psalm: Psalm 24

The Second Lesson: Revelation 21:1-6a

The Gospel: John 11:32-44

### **November 8 – Proper 27**

The First Lesson: Ruth 3:1-5; 4:13-17

The Psalm: Psalm 127

The Second Lesson: Hebrews 9:24-28

The Gospel: Mark 12:38-44

### **November 15 – Proper 28**

The First Lesson: 1 Samuel 1:4-20

The Psalm: Psalm 16

The Second Lesson: Hebrews 10:11-14, 19-25

The Gospel: Mark 13:1-8

### **November 22 – Proper 29**

The First Lesson: 2 Samuel 23:1-7

The Psalm: Psalm 132:1-13

The Second Lesson: Revelation 1:4b-8

The Gospel: John 18:33-37

### **November 29 – 1 Advent (Year C)**

The First Lesson: Jeremiah 33:14-16

The Psalm: Psalm 25:1-9

The Second Lesson: 1 Thessalonians 3:9-13

The Gospel: Luke 21:25-36

### **Reminder to Altar Guild Members**

The Annual Altar Guild Meeting will be November 21. A social time with scheduling will be held for 2010 from 9 to 9:30 a.m. A brief business meeting will follow at 9:30 a.m. Please mark your calendars reserving this date and time.

### **Recycling at St. John's**

Recycling bins will be put up in the church in the next couple of weeks. Please use these bins to recycle at St. John's.

*Victoria Farwell, Church Choir*

### **New Paten**

"**Paten**" - a round flat plate, usually of silver, upon which the bread is consecrated and from which it is administered in the communion service.

On Sunday, September 4 during the 8 a.m. service a new paten was blessed and dedicated in memory of Father F. Paul Goodland. Fr. Paul served as Rector at St. John's (The Episcopal Parish of Ames) from 1961 to 1991.

Memorial gifts given at the time Fr. Paul passed away covered the purchase of this new Paten.

The original Paten continues to be in use as the Paten serving the choir at the 10 a.m. service.

To the members of St. John's Episcopal Church: We so appreciate the generous offers of help, furniture and clothing following the fire and recent loss of our home and most of our possessions. We are fortunate to have good insurance that will replace much of our loss and we were able to rent a fully furnished apartment for the time needed to rebuild. Most of all we are grateful for the caring and the thoughts and prayers of so many wonderful people.

*Abbey and Matt Rardin and Kaley  
Granddaughter and family of Alan and Mary  
Kay Abbott*

### **Oktober Fest**

It was misting as we made our way to the McCay's but the sun broke through and we had a wonderful evening. A bon fire was started so it was warm while we ate and throughout the night. From beginning to end it was an evening filled with fellowship, food, and fun. Around 30 people were in attendance this year.

There was a white Egret in the pond when we arrived and as we ate a blue Heron flew over head. The adults were able to show and talk to the children about where a beaver had fallen a tree.

The children had a blast painting pumpkins (it was hard to pull them away from painting to eat). The event ended with marshmallows being roasted over the bon fire with sticks (the old fashion way).

Hope to see you next year at the Oktober Fest!

### **Heartland Trivia Night**

The next Heartland Trivia Night is **Friday, November 20**. St. John's teams need to be at North Grand Christian Church (919 30th Street) between 5:30 and 6 p.m. A signup sheet to participate and a signup sheet to bring food and snacks are in the Parish Hall. Please sign up at St. John's or call Joanna Muggli (598-4544 home, or 556-3697 cell) to let her know you will participate.

### **UTO Fall Ingathering**

The United Thank Offering Fall Ingathering is November 1 at St. John's. Please be generous, and give a helping hand to those less fortunate than us.

*Barb Martin, UTO Church Coordinator*

### **Tools for the Christian Journey Schedule**

November 1, 8, 15, 22, and 29:

Radical Hospitality

December: 6, 13, 20 and 27:

Passionate Worship

January 3, 10, 17, 24, and 31:

Intentional Faith Development

February 7, 14, 21, and 28:

Risk Taking Mission and Service

March 7, 14, 21, and 28:

Extravagant Generosity

April 4, 11, 18, and 25:

Excellence and Fruitfulness

May 2

"You"

### **Food at First**

We served a very small group of nine guests on Saturday, October 23. This was actually very good news to our two person kitchen crew of Dorothy and Ed. Fortunately, Dorothy got on the phone and Bryan Bjorklund came to the rescue. Thanks again Dorothy and Bryan!!

We serve a meal each month on the fourth Saturday at the First United Methodist Church, located across from the main post office. We begin meal prep at 10:30 and are finished by 1:00, but partial shifts are OK too if you have other activities. It is always challenging to find people available to help during the holidays, so

please consider joining us on Saturday, Nov. 28 or Dec. 26. Please call me if you have any questions.

*Ed Gillott*

### **St. John's Building and Grounds Work Days**

Thanks to everyone who helped clear weeds and trash around the building on a very crisp (and snowy) Saturday morning, October 10. The crew included Jeff Iles, Mary Kay and Alan Abbott, Bronwyn Frame, Charlie Yoerger, Ed Gillott, and ISU students Sara and Victoria! Thanks also to the other volunteers who have been helping pick up trash around the building on Sunday mornings before services. We may have one more morning work session after the leaves drop, but we are in pretty good shape for the winter. Thanks again to everyone who has helped.

### **Students Plan Church Photo Directory**

The student center consultation team has approved doing a Church Photo Directory as a combined fund raising and service project. Photos will be taken prior to Thanksgiving break. We are asking all church members to take part. You can either make an appointment to come and have your picture taken at the church or you can submit a photo to be included in the directory. Your photos can be single or family photos. The digital photos will be taken in the church parlor by the fireplace by Nancy Thompson. We are asking everyone to please take part. Since the diocese cut student center funding by 50% we are trying to make up the difference. The deadline will be November 21 to have photos done or submitted. Further information will be forthcoming.

### **Evensong**

An Evensong (evening prayer with music) will be held on Sunday, Nov. 15 at 5 p.m. Members of the choir and others will lead the service and a wine and cheese reception will follow. A free will offering for the choir scholarship fund will be received. We would love to have a big crowd.

## Christian Formation/Education News

### Save the Date for future St. John's Events:

**Advent Event:** It has become a tradition at St. John's for all to gather the Sunday Evening after Thanksgiving for a simple meal, Godly Play Story, seasonal craft and fellowship as we enter the season of Advent. Please join us Sunday, November 29 at 5 p.m. Bring a canned or frozen vegetable to add to the pot of soup which we will make together.

**Confirmation Class:** In preparation for the Bishop's visit in February, St. John's will be offering confirmation classes beginning November 18. All high school students and adults are welcome and invited to attend the classes to learn more about the Episcopal Church and the making of a mature commitment to Christ. Please sign up in Parish Hall so the correct number of materials can be purchased. Sign up on Sunday Nov 8 or November 15. Diane Bjorklund will be available in parlor during the 9 a.m. hour those Sunday's if you have questions. Parlor

Confirmation classes will be from 7:15-9:15 p.m. on the following dates: November 18, December 2, December 16, January 6, January 20 and February 3. On February 10, there will be final class rehearsal for Sunday, February 14. are on Wednesdays from 7:15 to 9:15

### Save the Date for Future Diocesan Events:

**Diocesan Convention:** All invited

Friday Nov 6:

9:30 a.m. Pre Convention Workshops (see web site for details)

5 p.m. Jazz Evensong at Des Moines Marriott

Saturday Nov 7:

9 a.m. Convention Holy Eucharist at St. Paul's Cathedral

### Ski Trip

January 15 - 17, 2010 Dubuque

### Sunday Programs for Children and Youth November Godly Play Story line up:

Date	G P Classic	G P Extreme
Nov 1	10 Best Ways	Saints Columba & Margaret
Nov 8	Good Shepherd and World Communion	Jacob
Nov 15	Circle of Church Year	Joseph
Nov 22	Baptism	Baptism
Nov 29	No Class	No Class

**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.

### November EYC (Episcopal Youth Community) Schedule

Date	Sunday mornings	Sunday Evenings
Nov 1	9 am Teen class (7 <sup>th</sup> to 12 <sup>th</sup> )	5 pm Game Night (6 <sup>th</sup> to 12 <sup>th</sup> )
Nov 8	9 am Teen class (7 <sup>th</sup> to 12 <sup>th</sup> )	<b>NO EYC</b>
Nov 15	9 am Teen class (7 <sup>th</sup> to 12 <sup>th</sup> )	5 pm Journey Night (7 <sup>th</sup> to 12 <sup>th</sup> )
Nov 22	9 am Teen class (7 <sup>th</sup> to 12 <sup>th</sup> )	5 pm Journey Night (7 <sup>th</sup> to 12 <sup>th</sup> )
Nov 29	<b>NO CLASS</b>	5 pm ADVENT EVENT for ALL

**EYC Meals:** Thank you to **Stacy Joiner** for dinner on Oct 18 and to **Coralie Lashbrook** for dinner on Oct 25. November meal signups include: Nov 1: **Anita Nichols** and **Milly**

**Ozinga; Nov 15: Leigh Ann Long; Nov 22: Judy Kavanagh and Marie Anderson.**

### **New Beginnings #3**

Thank you to all that helped with cooking, baking, and in the kitchen: **Joanna Muggli, Laurie Bryant, Liza Domek, Leigh Ann Long, James Moody, Dorothy Yoerger, Effie Lingren, Marie Anderson, Bronwyn Frame, Carol & David Vleck, Susan Masters, Joyce Lok, and Nick Yancey** About 35 young people attended the weekend with 7 adult staff. The group was very appreciative for the space and hospitality.

### **Volunteers Wanted:**

**Godly Play:** It would be great to have 1 or 2 additional leaders to help when families are out of town or individuals are under the weather. If you are interested please contact Diane Bjorklund at 233-4715 or [DianeBJorklund@mchsi.com](mailto:DianeBJorklund@mchsi.com) or speak to Greta Levis or Jen Matthews on Sundays at St. John's. **EYC:** Adults are needed to attend Diocesan youth events with the teens. St. John's should send 1 adult for every 5 youth when an event is scheduled.

### **What Are Your Interests?**

We are compiling a list of interests of members of our congregation. The purpose of this list is to let others in the church know what interests you have and to learn about you. It is our hope that this list will bring us closer together and that we may even form groups about these interests. We may find that 10 members of the congregation enjoy candle making or a couple of people who would like to go bird watching together. Possibly someone has been interested in painting but has no idea how to start and sees that another parishioner does it and would like to help the new person get started. This list could act as a conversation starter before and after church.

**This is a list of passions and hobbies, not a list of what you do for work.** You may list what you do professionally if you want too. The compiled list will be made available to the congregation and personal lists might also be created.

**This is not meant to embarrass anyone. You do not have to share any interests that you do not want to** but we would really appreciate any that you would. The more people that fill this out, the bigger success it will be. The **events** category and the **social discussion/education** is intended to create a group or join an existing group to talk or do things associated with it. When filling out the list put your name at the top the and check all the interests you have. We have left many spaces available to enter other pastimes. Drop the forms off at the office, or mail them to St. John's. We appreciate your time filling this out and hope that we will all benefit from it. Thanks again!

*Jeremy Long, Vestry Member*