

# the Wellspring

Out of the believer's heart shall flow rivers of living water  
John 7:38

Published quarterly  
**Volume 15**  
Issue 3



GATHER all people into a living relationship with Jesus Christ  
GROW as disciples through worship, prayer and study of God's Word  
GO into the world to share the gospel in word and deed

Bethesda Lutheran Church  
GATHER...GROW...GO





# God's Kingdom WILL Come

~ Pastor Bryan Simmons

*"Do not remember the former things,  
or consider the things of old.  
I am about to do a new thing;  
now it springs forth, do you not perceive it?  
I will make a way in the wilderness  
and rivers in the desert."  
Isaiah 43:18-19 (NRSV)*

This is the newsletter article that one of us pastors would typically write that talks about school getting back into the swing of things and the routine of the programming year getting off the ground once again. Well, unless you have been living under a rock, you are well aware by now that this year is ANYTHING but routine! The COVID-19 pandemic has wreaked havoc among our world and upended most routines we had firmly established, especially the ones we weren't consciously thinking about! Decisions on how to respond to this pandemic and determine the seriousness of it have caused great divides in our country and in our own families as we watch the scientific method play out in real time on a very public stage. There is a huge tension in our society right now about not only whether or not to return to school, but how "as usual" should that return be? While all of this is pretty new, I'm not convinced this is exactly what God had in mind when Isaiah uttered these words.

It's true that we can't really say that God isn't bringing the pandemic on according to God's great design. After all, God is God and we are not. But, it seems to fly in the face of what God has accomplished for us through the life, death, and resurrection of Jesus. God is actively at work for our redemption. That is the difficult thing for the Christian because we live in a world of death, but also live under the promise of life. It is this promise that drives the future, however. You and I are being called, amidst a world of death, into new life in the Kingdom! God's "new thing" is that which breaks away from death and brings life!

The God that condemned humanity to mortality after the sin of Adam and Eve is the same God who continues to work on our behalf to usher in the Kingdom of Heaven. This Kingdom does away with the old of sin and death and establishes the new of life and peace. We are caught in the process, in the middle of the curse of death we brought upon ourselves and the life of the kingdom to come. We are called, just like the hearer's in Isaiah's day, to look to and work for the "new thing" God has, putting away the former things. The lessons of the past serve to inform our present to guide our future. If we dwell on the past, we remember a God that merely was, who was able to accomplish great things, but who's to say still does? If we dwell in the present, the current reality of our struggles easily overwhelms us and it becomes difficult to see God at all. But, God calls to us from the future, giving us hope today that will be fulfilled. We look to the future not in ignorance of the past and not in avoidance of the present, but because of the promise that the best is yet to come. We can be a part of that today as we live into God's perfect future, upholding life, proclaiming love, working for peace and understanding as God's Kingdom becomes more and more of a reality, and the pain of this world is increasingly hushed. God's Kingdom will come. It springs forth. Even amidst a global pandemic that has uprooted our present from the routine of the past. May we indeed perceive it.

Yours in Christ,  
Pastor Bryan Simmons



# God Answers Prayers

~ **Joyce O'Donnell** Council President

*Blessed be the God and Father of our Lord Jesus Christ!  
By his great mercy he has given us a new birth into a living hope  
through the resurrection of Jesus Christ from the dead, and into an  
inheritance that is imperishable, undefined, and unfading, kept in heaven for you*  
~ 1 Peter 1:3-4

On July 29th, we welcomed as voting members of our congregation eight youth who completed confirmation and affirmed their baptism.

Kaylee Butenhoff	Reese Henderson
Jack Goeders	Owen Nettleton
Mary Greenfield	Dylan Terry
Henry Gustafson	Dillon Zwanziger

When welcoming them into full membership of Bethesda, with all the rights, privileges and responsibilities of membership, I thought of the verses above from 1 Peter. For it is like they have been given new birth and have claimed their inheritance. Please continue to nurture and encourage them as they grow in their faith. Help them learn all the ways they can use their gifts and passions in God's service. They will bless our community with their talents.

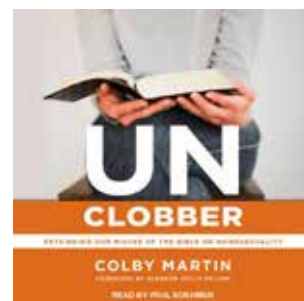


Two new members have blessed us by joining our church family. **Levi Frazier** and **Nancy Franz** are now part of our congregation. Their contact information is in ShelbyNext. We've also been blessed with the **Zwanziger family's** membership (last February!). All of these folks are featured on page 5. Please help make them feel welcome, any way you can!

Also a blessing to our congregation is our **Intern Pastor Sonja**. She has completed her Master of Divinity degree and awaits a call. She has been a priceless part of our pastoral team. I am sad that she will leave us, but know she will be an outstanding pastor.

Many ministry teams have blessed us with their work lately.

- The Reconciling in Christ Task Force has sponsored a book study of *Unclobber* by Colby Martin, conducted via Zoom.
- The Food Pantry is still distributing food.
- The Facilities team is removing pews in order to make way for the new audio and video equipment in the sanctuary. They are also planning an enhanced garden area near the Welcome Center entrance.
- The Shigatini ministry team has been working to finalize the funding for the milk processing plant and other items.



We are thankful for all that gives us hope in this world, secure in the knowledge that we have claimed our inheritance that is being kept in heaven for us.

Please continue to pray for our pastors, staff, and volunteers. Pray also for our congregation, our community, our state, our country, and our world. We trust that God answers prayers, even when we don't get the answer we expected or wished for. God is good all the time, and all the time God is good!





# Summer & Fall with Youth & Family

~ **Miriam Chadima** Youth Events Manager

**We** have thoroughly enjoyed Family Fun Days (FFD) with you this Summer! July 25 we met at Moore Memorial Park for a **Nature Walk & Scavenger Hunt**.

Each Family Fun Day event is followed by a brief (and relevant) devotional, and a themed take-away snack. All events are socially-distanced.



\* \* \* \* \*

In **August**, we gathered for some colorful (and messy!) fun on the Bethesda front lawn for our Tie Dye Science Fair! We colored shirts with bubbles, squirt guns, and even tea and beet juice! We also learned about how beautiful and colorful God made all of creation, and left with rainbow cookies! If you'd like to see more photos of this fun, colorful event, please check out our Facebook page!"

\* \* \* \* \*



And . . . we are not yet done yet for Fall. Join us for our **FIRST ANNUAL Family Walk and 5K** on **September 26** at Ada Hayden Heritage Park. Come 15 minutes early to pick up your shirt—then the Family Walk begins at 9 am (on the short loop), and the 5K starts at 9:30. A \$10 registration fee includes the walk/run, T-shirt, and a post-race recovery treat.

If you participated in the Tie Dye Science Fair, then registration is free (you already have a T-shirt), otherwise extra shirts are available to purchase for \$5 each.

Prizes will be given out for the top three finishers in each event! Snacks and water will be available as well as a take-home treat. **SIGN-UP BEGINS SOON!**

\* \* \* \* \*



October Family Fun Days brings some Bethesda favorites: first up is a bonfire visit to the **Jim & Jeanne Stewart family farm!** Put this on your calendar for **October 24**. We're still working out plans for a viable Trunk-or-Treat format, and hope to feature another Spooky Organ Recital by our own Mark Krietsinger-Harries.



## New Members

~ **Joyce Vegge** New Member Ministry Team

### Nancy Franz

**Nancy** is Professor Emeritus, Iowa State University School of Education Nancy retired after 33 years of service with the Cooperative Extension System. Most recently she served as the Director for Professional Development, Associate

Dean for Extension and Outreach, and Director of Extension and Outreach to Families at Iowa State University. She also served as an Extension agent, specialist, graduate student, and administrator over her life with Extension systems in Wisconsin, New York,

New Hampshire, Virginia, and Iowa. In retirement she helps higher education, government, and nonprofit organizations with strategic planning, board development, volunteer development, and program evaluation. She also loves reading, traveling, being outdoors doing silent sports, and consuming dark chocolate.

### Levi Frazier

My name is **Levi Frazier**. I am an Iowa native from Clarinda where I was born and raised. I moved to Ames in the Fall of 2018 as a transfer to Iowa State. I am now in my (first)

senior year at Iowa State, but I won't graduate until 2022 because I am a double major. I am pursuing my primary degree as a Bachelor of Music in Wind Performance, and then I also am finishing up a Bachelor of Arts in Acting/Directing. My future plans are to be accepted into a master's program for wind conducting, and then conclude by pursuing the same degree at the Doctorate of Musicals Arts level. The end goal is to be a college wind band professor/conductor. My primary instrument of study is the trombone, but I also study organ and voice. In addition to being a student, I am also a member of Phi Mu Alpha



Sinfonia, the music men's fraternity where I have served as an executive officer, and am also a member of Arcadia Lodge #249 here in Ames and am a member of the Des Moines Scottish Rite. I also work at Petco in Ames! In my minimal free time, I enjoy time with friends, learning languages, and studying theology. I came to Bethesda by happy happenstance as I grew up my whole life in the LCMS, but was looking to join the more inclusive and ecumenical environment I had heard the ELCA embraced and offered. Bethesda has certainly not disappointed me in that regard! I have been welcomed happily every Sunday I have attended, and am very grateful to Pastor Ryan and Pastor Bryan for wanting to get to know me better and accepting my membership. I am very excited to be in this new church family as a, now, Ames resident while I am here!

### The Zwanzigers

(Bruce, Sharla, Maddie, Jacob and Dillon)

Our family moved to Ames about two years ago from New Hampton, Iowa. Bruce's job, our love for the Cyclones and the city of Ames brought us to this

area. We were looking for a Lutheran church and after attending Bethesda, felt right at home so had no need to look elsewhere. Bethesda has a very welcoming and "family" feel to it. Our family consists of Bruce who works for Winfield United and Sharla who works for Iowa State. Our daughter Maddie recently graduated from Iowa State and is currently attending Wichita State for her masters degree in Speech Pathology. Jake is a junior at Iowa State majoring in Accounting and is also a manager for the men's basketball team. Dillon is a 9th grader at Gilbert High School and stays busy playing basketball and football. He was also just confirmed at Bethesda! In our spare time we love attending Cyclone and Gilbert football and basketball games and travelling.





# 2020 VIRTUAL



Even though we cannot be together for the **SCANDINAVIAN COFFEE** this year, the funds raised by Bethesda Women are *still needed* by the organizations and the communities they serve. Rather than donating your baked goods and time to the Scandinavian Coffee this year, please consider donating money, as you are able, so Bethesda Women can continue to support some of these benevolent recipients.

*Thank you!*

## 2019 Benevolent Funding

Ames Children's Choir. . . . .	\$250
Bethesda/Days for Girls . . . . .	\$500
Bethesda/tables. . . . .	\$342
Bethesda/TZ Medical . . . . .	\$500
Bethesda/TZ Ministry . . . . .	\$395
Bethesda/Youth Triennial. . . . .	\$350
Boy Scout Troop 140. . . . .	\$500
Emergency Residence. . . . .	\$750
Good Neighbor . . . . .	\$1,000
LSI/Beloit Garden. . . . .	\$300
MOPS. . . . .	\$900
<b>TOTAL . . . . .</b>	<b>\$5,787</b>



*Yes!* I / we would like to donate to the Virtual Scandinavian Coffee!

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

☐ **\$100+** *Tea Ring*

☐ **\$25** *Rosette*

☐ **\$75** *Krumkake*

☐ **\$10** *Lefse*

☐ **\$50** *Kringla*

☐ **\$5** *Spritz*

*Thank you!*

Please make check payable to: "Bethesda Women" MAIL: Bethesda ... 1517 Northwestern Ave, Ames, IA 50010

# BETHESDA WOMEN

the Wellspring

Vol 15 Issue 3

*As this time of separation continues, let's remember to pray for each other, and when you find yourself wondering how someone is doing—reach out with a phone call, text, or send a quick little note in the mail. Love one another.*



**Bethesda Women's Board** is meeting every two months via Zoom. Our next meeting will be Tuesday, Sept 22nd. If you have any topics you'd like to have discussed at the Board Meeting, please contact any Board Member.

**Scandinavian Coffee** will be a virtual event this year. Depending on how much is received via donations, our board will be distributing funds to some of our benevolent recipients by the end of the year.

**Zoom Prayer Circle** is happening on the fourth Thursday of every month. If you'd like to be on the reminder email to receive the Zoom link, please contact Karla Mortensen.

## Looking Ahead:

### SEIA SWO 33rd Annual Convention

Fri-Sat, October 16-17, 2020

The Hotel at Kirkwood College, Cedar Rapids  
(Originally scheduled June 2020)

**Women of the ELCA Triennial**, Phoenix, AZ  
With no Covid-19 vaccine on the horizon, Women of the ELCA's executive board voted to postpone the organization's convention and gathering until August 5-8, 2021.

## Celebrating 50 Years of Women Pastors in the ELCA



**We Are Church,  
We Are Called**  
50•40•10

"With gratitude for those who have gone before and hope for the future, the ELCA gives thanks to God for the ministry

of women. In 2019 and 2020 we celebrate 50 years of Lutheran women being ordained in the United States, 40 years of women of color being ordained, and 10 years of LGBTQIA+ individuals being able to serve freely."

<https://www.elca.org/50yearsofordainedwomen>

## Women's Board

President ..... Karla Mortensen  
Vice President ..... Lindsay Peters  
Secretary ..... Gretchen Mosher  
Treasurer ..... Barb Conis  
Members-at-Large ..... Carolyn Ahlstrom, Jo Hutchins



## Coming Soon!

Our Spirit Wear gurus are working on a new batch of Bethesda clothing and "swag." Purchasing information will be ready soon, and we hope to have these available for the September Drive-in service on September 26!







# Saturday Lead Volunteer Retires

~ **Denny Howell** Saturday Team Coordinator

Hi Bethesda Members and Friends,

With the church shutdown due to the COVID-19 pandemic, I suspect many of you, like myself, have had time for some self-reflection and hopefully some time to talk with God. I have had several “talks with God” over the past few months and those “talks” have guided me on various decisions as I’ve been doing some thinking and praying regarding Bethesda, the Saturday Night worship service and Café Bethesda.

When Bethesda starts to open up after this pandemic, as we all know, many things will need to be different. For one, I figure Bethesda will only need one service as many of our members will continue to watch the livestream service from the comfort and safety of their own homes for several months. I have heard from many members saying until there is a vaccine, they won’t step foot into Bethesda. As far as my thoughts on the Saturday Night service, I figure it will be a very, very long time before we even look into having a Saturday Night service at Bethesda. Therefore, I have decided to “retire” from my role immediately as the Saturday Night Worship Coordinator and Cyndy and I have also decided to “retire” from Café Bethesda.

Once the Saturday Night service starts back up, a staff member can email the group of hosts and readers I have established for Saturday night each week and ask for volunteers. It would not be right to make out a schedule in advance as I have done in the past for hosts and readers



as being around people is risky and unnerving for many of our members. As far as Café Bethesda, it is our wish that it be several months, if not a year or longer before you bring it back and with modifications to its format. The local restaurants need our support now more than ever, so please patronize them as you feel comfortable doing so.

Over the past 23 years, many hands have lightened the load and we want to thank everyone who helped with the Saturday Night services and for bringing in their donated food for all of the past Café Bethesda gatherings.

Blessings to all,

*Denny & Cyndy Howell*

## Tanzania Health Update

With much regret, Godlisten and Yesse’s visit to Bethesda was cancelled due to Covid-19.

Godlisten did share with us that his family welcomed a new baby boy in July! He also has a daughter about 5 years old.

Dr. Mark Mvungi has been very busy as he was ordered back to work at the Kilimanjaro Christian Medical Center. Then he returns to Shighatini and works at the Health Center on the weekends.

~ *Glenn & Mary Kappelmann*





# Changes Happening @ the Food Pantry

~ Donna Grooms, Rod Fischer Team Co-chairs

**B**eginning the first week of August the Food Pantry will no longer be open on Mondays. We will continue to serve guests Tuesdays from 1-3 pm and 6:30-8 pm, Wednesdays 10-11:30 am and Thursdays from 1-3 pm.

The decision to close Mondays was precipitated by a continuing reduction in the number of guests to the pantry and our concern to limit the number of volunteers per shift to reduce their likelihood of exposure to Covid-19.

Curbside service is continuing into the fall. A guest drives up to the pantry and a volunteer takes their food order. A second volunteer completes the request and a grocery cart with the sacks of food is brought out to the guest. No decision has been made about when to transition back indoors once the weather begins to get colder.

Donna Grooms, co-chair of the Food Pantry recently compiled these yearly statistics covering the July 1, 2019 – June 30, 2020 time period:

- 974 households visited the food pantry during this time

- 10,306 individuals visited the pantry
- 43% of households visited the food pantry only once during this period
- 2% of households visited 12 or more times throughout the year (the Food Bank of Central Iowa recommends giving people the food they need when they need it)
- 91,371 pounds of food was distributed during this period

To compare these current statistics with data from 2013/14, we served 1356 households seven years ago and 124,241 pounds of food was distributed. Most likely the cause of this decline is other food pantries opening in Story County and with the arrival of the pandemic, school systems have become more visible and more utilized as they distribute food to children and their families.

## Virtual CROP Walk 2020

~ Rod Fischer Coordinator, Ames CROP Walk Committee

The Ames CROP Walk is a go for this fall! Virtually, that is.

Let me explain. Church World Service (CWS) has recommended all fall hunger walks go virtual. CWS has dubbed these “micro walks.” What this means is you decide the time, day and location where you, members of your family or friends in your neighborhood venture out for a walk. It could be a local park, your neighborhood, a backyard or a parking lot. In fact, my micro walk will be around the Bethesda Lutheran Church parking lot on

Sunday, October 11 at 1:30 pm. (The day and time the Ames walk was scheduled to occur). I'll be there if you want to drop off a cash or check donation. I'll be there rain, snow or sunshine! However, if it's raining or snowing you'll most likely find me in my car after I complete my micro walk around the parking lot!

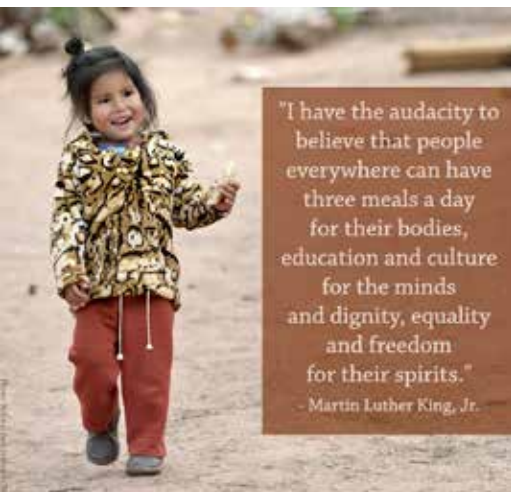
A much easier way to make a donation to fight hunger is going online to <https://www.crophungerwalk.org/amesia>.

A Bethesda Lutheran Church team has already been created at this site for you to make a donation. Or, create your own team and invite others to donate! In 2019, Bethesda raised \$2740 to fight hunger locally and globally.

The Ames CROP Committee is asking walkers to share pictures or short videos which will be posted to our Ames Area CROP Hunger Walk Facebook page.

Remember the Bethesda Lutheran Church Food Pantry is one of the seven local organizations that receives funds from this yearly walk. The need for food assistance continues to grow in these Covid-19 times, so please consider a donation and let's beat the amount Bethesda raised in 2019!

For information about the walk, to make a cash or check donation or to email a picture of your micro walk, contact Rod Fischer at [videoguy@iastate.edu](mailto:videoguy@iastate.edu) or 515-708-6230.





## Reading Recommendations

After reading Lyndsey Fennelly's guest column in the July 18, *Des Moines Register*, "Mental Illness issues slong with COVID-19," and the article "An Age of Anxiety" on page 26 of *Living Lutheran* June/July, *plus* experiencing three weeks of deep sorrow (I lost three members of my cousin's family due to a serious mental health breakdown within the family) . . . I can assure you I will be purchasing a copy of the book Lyndsey said she is co-writing concerning mental health issues. Her book hopes to aid in understanding ways we can help young people get the help they need instead of being sent to jail.



Be informed! Read and Serve Others!

~ Jan Gray

## Join AMOS Zoom Meeting

Bethesda is an AMOS member, and it is time for us all, as AMOS congregations, to **Consider, Connect, and Create**. All newly confirmed and other adult members of Bethesda (voting members) are invited to join our new AMOS organizer, Courtney Dufford and AMOS reps, *Henry Gray* and *Ann Hein*, for an AMOS listening, learning, and imagining session on changing our community.

Let's travel back to the depression era New Deal and compare it to our current situation. Some folks never got a New Deal and we live that legacy today. During this one-hour session on Zoom, we will think about our local community and share what needs to change. What inequalities are we observing or experiencing? What specific actions should we tackle as AMOS in the coming year? We ask you to join us on **August 27, 6-7:00 pm** to share with us your personal stories that you would like addressed in Ames and Story County. Send your name, address, phone number and email address to Henry Gray at [janheng@aol.com](mailto:janheng@aol.com), or call 515-233-2720 and you will receive the Zoom link. Think of this as a house meeting, non-partisan discussion of our own concerns that could be improved upon so that all people can succeed and enjoy justice for all.

~ Henry Gray

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### POST COVID-19 WORSHIP SCHEDULE

Saturdays (Modern) @ 5:30 pm

Sundays (Traditional) @ 9:30 am

Wednesdays (Midweek Renewal) @ 6:30 pm (in academic year)

VOYAGERS Adult Forums / Coffee Fellowship  
 Sunday after service @ 10:45 a.m.

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All submissions to Bethesda Lutheran Church's *The Wellspring* magazine are subject to editing for clarity, space, and content.  
 Artwork credit for an element in this month's *Wellspring* cover photo:  
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# Worship, Music & Arts

~ Priscilla Franken Board Chair

This report is brief as our Board has not met since March. While we prefer in person worship the past few months has given us opportunity to experience different types of music as the organist and instrumentalists with song leaders rotate for Sunday morning services.

Most of us lean toward a preference to attend scheduled worship time that suits our schedules and family life or preference for a worship style of music in particular. For some viewing a screen and singing newer songs accompanied by a team of instrumentalists and song leaders is preferred. And for others Sunday mornings with a bulletin in hand, and hymn book handy we are ready to go and sing hymns that have been around a lot longer, and usually accompanied by one of our two excellent organists. Hopefully by livestreaming both types of services you have learned new songs, or did your best to follow along on a tune you were not familiar with. Whether you sing solo or along with your family or spouse, keep singing, and learning new songs, with a spirit-filled heart.

No matter what instruments and voices that lead the music during worship all music is intended to glorify God as Paul Manz composer, organist, and God father of hymn festivals used to say. For your good health and God's peace,

*Priscilla Franken, Chair*

*My heart is steadfast, O God, my heart is steadfast.*

*I will sing and make melody. Awake, my soul!*

*Awake O harp and lyre!*

*I will awake the dawn!*

*I will give thanks to thee, O Lord, among the peoples,*

*I will sing praises to these among the nations.*

*For the steadfast love is great above the heavens,*

*Thy faithfulness reaches to the clouds.*

~ Psalm 108 1-4 Oxford Annotated Bible, RSV 1962

## LSI: "Back to School Month"

School is right around the corner! This year's back-to-school time feels a little different than usual for all of us, but imagine what it would be like to be a child or teen with an emotional or behavioral disorder. For the last several months, their routine has been turned upside-down and they've learned to adjust to a new way of life. Moving back into a school year structure can be particularly stressful and it can be difficult to concentrate and cope.

Lutheran Services in Iowa (LSI) provides mental health services to children and families across the state. It's our job to relate to children who might feel alone or misunderstood. Our therapists provide virtual telehealth therapy sessions with children while our Behavioral Health Intervention Services team collaborates with families virtually or in a community setting to help them develop skills like anger management and healthy decision-making. LSI also provides 24-hour mental health care at the Bremwood and Beloit Residential Treatment Centers in Waverly and Ames to empower Iowa's most vulnerable children and teens.

We thank you for your support of LSI's mission as we respond together to the love of Jesus Christ through compassionate service! We know there are more Iowa children in need of this critical care. If you would like to learn more about how you can give a gift to support these crucial services, please contact Deb Whitford, LSI director of philanthropy and church relations, at 563-676-2065 or [Deborah.Whitford@LSIowa.org](mailto:Deborah.Whitford@LSIowa.org).

*OUR MISSION: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service.*

LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at [www.LSIowa.org](http://www.LSIowa.org) and [www.facebook.com/LSI.iowa](https://www.facebook.com/LSI.iowa).

**Bethesda Lutheran Church**

1517 Northwestern Avenue  
Ames, Iowa 50010

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a double baptism  
during the worship  
service—from your  
car!*

