

the Wellspring

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

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2021
BEST
OF STORY COUNTY
The Official Community Choice Awards
Ames Tribune
amestrib.com
WINNER

Spring 2022



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



Doubly Blessed ~ Pastor Ryan Arnold

I am about to do a new thing; now it springs forth, do you not perceive it? (Isaiah 43:19)

Earlier this winter I had the opportunity to officiate a baptism at one of our weekend services. While every baptism is sacred and marks God's claim on our life as cared for, beloved children of the On High, this one stood out for me. Why? Because it wasn't one child receiving this milestone sacrament, but two. The parents had brought their twin four-month-old boys to the font to be baptized into their new lives in Christ.

During our morning baptismal meeting I listened as the parents shared how it was double the—

Laughs,
Cries,
Meals,
Diapers.
Joy.

As I watched Dad take another sip from his coffee
I guessed it was likely double the caffeine too.

As we look ahead, just a little, there is much to celebrate.
Our physical landscape slowly makes the transition from
shades of whites and browns to small shoots of green.
Our Covid landscape is shifting quickly—goodbye

Omicron—making our ability to gather frequently, and well, so much more possible than before. Our liturgical landscape leads us to Lent, guiding us from the ways of death. Guiding us towards a celebration of the One who has overcome the grave once and for all.

Before you know it new life, all around us, in ways physical, pandemic, and spiritual will be bursting forth, all around.

As we reflect on all this goodness soon upon us, I'd like to suggest that Bethesda, too, has been doubly blessed through:

Giving,
Elevator,
Sabbatical,
Songs,
Meals,
Missions (established and new),
New Deacon soon?

Small shoots of green are springing forth all around us, do you not perceive it? For the life, death and resurrection of Christ makes the impossible now possible, once more.





A Communion of Saints

Bethesda Lutheran Church–ELCA

~ **Larry Otteman** Council President

As I write my first letter to the members of Bethesda, I begin with the realization that there are more activities going on among us than I know. I am awed by the dedication of various members to all aspects of our mission together. This has led me to reflect on the Holy Spirit.

It is always safe (and wise) to begin with the words of Martin Luther. He explains the Third Article of the Apostle's Creed as follows:

"I believe that by my own understanding or strength I cannot believe in Jesus Christ my Lord or come to him, but the Holy Spirit has called me through the gospel, enlightened me with his gifts, made me holy

and kept me in the true faith, just as he calls, gathers, enlightens, and makes holy the whole Christian church on earth".

Let me share one image of the Holy Spirit. You approach an endless stream and enter the flow. The wealth of the church—Scripture, creeds, sacraments, doctrines, and a communion of countless saints makes up the body of water. The stream has no ending. We contribute only an infinitesimal part. We are pulled into and along with the current by the Holy Spirit through no power on our part.

I am humbled by the opportunity to learn from all the saints that make up the communion known as Bethesda Lutheran. May the Holy Spirit guide you in all that you do.





Facilities **Projects** Swiftly **Progress**

The Facilities Ministry Team is comprised of eight dedicated members, led by Kathy Harris: Phil Harris, Lance John, Chuck & Carolyn Jons and Ken & Annita Kruse. They are occasionally joined by volunteers to help with specific tasks. Their focus these last several months has been renovating Bethesda's duplex rental property, which was built in 1960 and became outdated for electric code, and in need of interior work (including mold mitigation).

For those who may not know, Bethesda's duplex is located at the west end of our parking lot by the railroad tracks. The lot it sits on gives us access to the parking lot from 16th St.

The present tenants will now move into this unit, and we'll do some updating on the west unit. The plan for that unit is to be available as a Welcoming congregation to help transition immigrants and refugees.

In total the team logged 545 volunteer hours since October. They would WELCOME any new hands! Please contact Kathy Harris at kmh1951@msn.com if you would like to help.



HPC, LLC



Bethesda's elevator construction is well underway, and progress is visible daily! Pike Construction has a dedicated (and friendly!) team of three workers onsite, and they are often joined by others for cement pouring and masonry. The team has prioritized continued safe access into the Faith & Life entrance.

The build project itself is set to finish in early March. The actual Schindler elevator is now on the way and delivery is expected in mid-March.





We Continue to Gather!

Although we've had to cancel a few large food-related gatherings this winter, we DO continue to gather in many ways, for many reasons, in many places. Check out our revised mask recommendations (p. 8) that go into effect on March 1! It looks like our Lenten season and Easter will be event-filled and blessed.

Take a look at some of the things we were able to gather for in the past few months . . .

Ice Skating

February 20 at the Ames/ISU Ice Arena



December 22
Caroling at
Northcrest

Caroling



Monthly meal and interactive worship all in one!

April's gathering will be a Seder Meal before Maundy Thursday worship.



Our senior members have been gathering monthly since September!





Bethesda Briefs

Deacon of Youth Ministry Update

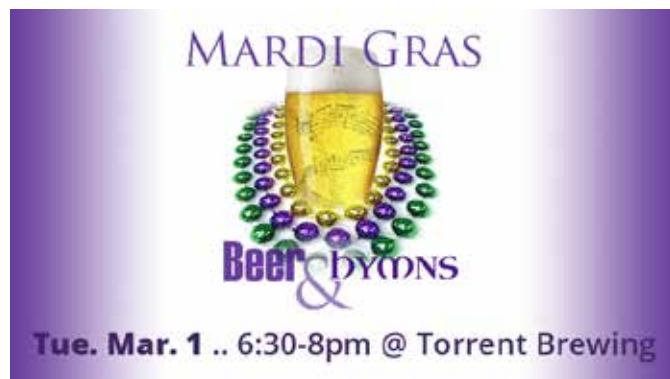
by Tony Woodcock, Call Committee

The Call Committee formed to search for a Deacon of Youth Ministry remains in place and continues to communicate with the Bishop's Assistant on the availability of candidates. While there is certainly not an abundance of candidates (understatement), the Synod is working hard to identify potential candidates and we remain hopeful that we'll find the right fit for Bethesda's Youth Ministry.



Lutheran Journey to Tanzania

In 2019, Lori Woodcock accompanied seven high school youth from Bethesda Lutheran and St. Andrew's Lutheran Churches to visit their respective sister congregations of Shighatini and Hedaru Parish in Eastern Tanzania. On Sunday, March 6, 7-8 pm, Lori will share her photos and story of that journey. Please join us at Northcrest Community's Grand Room for her presentation!



Annual Mardi Gras Celebration

Bring your friends and family to help usher in the season of Lent with Beer & Hymns! Once again we'll gather at Torrent Brewing Company (504 Burnett) for the annual sing-a-long. Torrent serves tasty craft-brewed beer, and there are non-alcoholic beverages aplenty, so it's totally kid-friendly. We'll supply the King cake, and Mary Nelson will accompany Pastor Ryan to lead the group.



Four Volunteers Needed: March 3

Need help signing up? **Contact Emily Notch, our Volunteer Coordinator**, at enotch@bethesdaames.org.

Ministry Spotlight

Many Hands Ministry has crafted many sewing projects, including wheelchair bags, lap robes, walker bags (given to local and area nursing homes and the Veterans home in Marshalltown). Also waterproof Bible bags for missionaries in countries with high humidity. The group has also made Christmas stockings for the children who come to the Food Pantry.





Remember Coins for Clothes?

~ Lori Woodcock



It is time for a long-overdue update on our Coins for Clothes Initiative!

Bethesda friends, I'm going to ask you to remember a time before the pandemic. (I know, it seems like an eternity ago!) Remember in September 2019 when I asked you for donations to our Coins for Clothes Initiative? This would have been our third year of gathering money to provide the children of Shighatini with school uniforms. In case you aren't aware, the children of our sister congregation in Tanzania cannot go to school unless they have a uniform. This uniform costs about \$16, but many families cannot afford this amount and these children miss out on a valuable education. For two years, the generosity of this congregation has made school accessible for close to 200 children in Shighatini.

At the beginning of the programming year of 2019, we had started collecting donations again for this project, but the pandemic soon put a stop to everything. The donation money was sitting in the account until



December 2020, not helping anyone. Through what was probably divine intervention, I remembered the money at about the same time that two Ames Rotary Club members were preparing to travel to Tanzania. What happened next can only be described as having faith in the kindness of strangers. I handed \$500 in cash to the Rotary Club travelers who promised to meet with Harrison, our trusted friend in Shighatini (who they did not know). And Harrison promised to take the cash to the Shighatini Women's Group, who would buy the supplies and sew the uniforms in time for school to begin again in January. By physically carrying over the cash, we avoided bank and government fees associated with electronically wiring money. This meant the entire \$500 in Bethesda donations went to uniforms!

I am happy to report that once again, Bethesda has given the gift of education to 77 students in Shighatini! Harrison had worked with the headmaster of the school to identify the neediest children and provided me with a list. The Women's Group once again amazed me with their sewing skills and created custom uniforms that will no doubt be passed down to younger siblings. Harrison asked me to pass along the gratitude of the families in Shighatini. They are so grateful for the opportunity to attend school.

I myself am humbled by the kindness of strangers and the generosity of our Bethesda family. Thank you to everyone who donated their change over a year ago. It did make a difference!

| MAJINA YA WANAFUNZI (WATOTO) WANAOISHI MAZINGIRA MASUMU | | |
|---|----------------------------|----------------------------|
| DARASA LA AWALI: | DARASA LA KWANZA: | DARASA LA PILI: |
| 1. INDI JULIUS (ME) | 1. EMANUELE DAVID (ME) | 1. BACHIRI MUSA (ME) |
| 2. FRAY ROSAL (ME) | 2. JEREMIAS ABDO-SABU (ME) | 2. KALIMU OMAR (ME) |
| 3. ELIA ROS MABWALU | 3. JUMUJUMU SAKI (ME) | 3. SAMUEL RASHID (ME) |
| 4. DANIEL PEAK (ME) | 4. ESTHER NURU (ME) | 4. CHARLES ALY (ME) |
| 5. KARIBU BENJAMIN (ME) | 5. KENNETH KIMBO (ME) | 5. SALIM HUSSEIN (ME) |
| 6. DANIEL MATWATO (ME) | 6. YEREMIA MUMUNDU (ME) | 6. SALIM JUMA (ME) |
| 7. ABULKADIR DAWUDI (ME) | 7. REBECCA STANLEY (ME) | 7. PRINCESS CHACHA (ME) |
| 8. FAITH GEORGE (ME) | 8. SOPHIA OMAR (ME) | 8. JANET PAVLO (ME) |
| 9. AMINA KASHEM (ME) | 9. NASEEMAH KIBWACKO (ME) | 9. HYNES NELSON (ME) |
| 10. FURRA NWAGWAGU (ME) | 10. JANETH KAY (ME) | 10. FLORA SAMUEL (ME) |
| 11. MURAT AYUBU (ME) | 11. KIRISTINA GERNAS (ME) | 11. ELIZABETH SAPHIEL (ME) |
| | | 12. STANLEY ERIC (ME) |
| DARASA LA TATU: | DARASA LA NINE: | DARASA LA TANDU: |
| 1. JACQUELINE ZIMBANI (ME) | 1. EMMER ENAMPELI (ME) | 1. ABDEL MUSA (ME) |
| 2. MARTHA RUBENI (ME) | 2. MURRESH SHABARI (ME) | 2. GRACIA ANTON (ME) |
| 3. MURAHIM RICHARD (ME) | 3. MARIAM ALY (ME) | 3. YUSUFU FAKHRI (ME) |
| 4. HEMEDI ALY (ME) | 4. SHADIA KIBWACKO (ME) | 4. MUSA MUSA (ME) |
| 5. NURAH MUHAMMEDI (ME) | 5. AMINA YUSUFU (ME) | 5. EMANUELE RASHID (ME) |
| | 6. AGNES BAKI (ME) | 6. RABAH HUSSEIN (ME) |
| | 7. THABY SAKI (ME) | 7. RAHMA OMAR (ME) |
| | 8. HEMEDI SILVESTA (ME) | 8. DANIEL ALY (ME) |
| | 9. ABULKADIR KIBWACKO (ME) | 9. HEMEDI KIBWACKO (ME) |
| | 10. GABRIEL ROBERT (ME) | 10. MARY STANLEY (ME) |
| | 11. SAKI JUMA (ME) | 11. MURAHIM KIBWACKO (ME) |
| | 12. SAKI ALY (ME) | 12. ANSTELA GEORGE (ME) |
| | | 13. TARIKA JUMA (ME) |
| | | 14. MURAHIM KIBWACKO (ME) |
| | | 15. MURAHIM KIBWACKO (ME) |
| | | 16. KIRISTINA GERNAS (ME) |

Harrison Hemedi's list of school clothing allocation . . . the title is, "the most vulnerable children."

How George Martin
Adelbert C. Munggi

Welcome Home New Members!

Arnie & Chris Cowan



Arnie and Chris are longtime Ames residents. Arnie teaches for the Ivy College of Business at ISU. Chris is a retired ELCA pastor who did her internship at Bethesda!

They have three adult children living out of state. At home, they have one dog and two kittens. Arnie enjoys reading, especially science fiction. Chris enjoys hydroponic gardening and painting. Both Arnie and Chris love walking at Ada Hayden. In summer and fall, they spend time at their cottage in Sebago, Maine. Chris and Arnie continue to be active in the struggle for justice and human rights in Palestine.

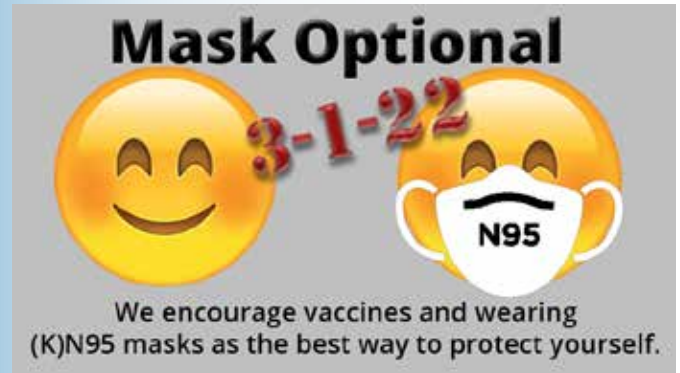
Bill & Jodi Schuman



Jodi is an ECLA Deacon. She was the Minister of Administration at Memorial Lutheran Church in Nevada until March of 2021 and is now the Assistant to the Bishop for Candidacy and Operations for the Southeastern Iowa Synod (Iowa City).

Bill is an IT Consultant and Vice President of Rizing Geospatial.

Bill and Jodi enjoy traveling and wine tasting. Their daughter is recently married and resides in the Minneapolis area.



Council Updates Mask Strategy

In February the Council voted to make wearing a mask optional at Bethesda and Bethesda sponsored events starting March 1. We strongly encourage vaccines and wearing KN95 or N95 masks as the best way to protect yourself. The church has purchased some of these masks for those who want to try one, and don't have one of their own. They are available at the Welcome Center.



Spring is around the corner at Bethesda. With a new year unfolding brings new and improved resources. One of these things is a new volunteer form-interface. Thanks to our Database Coordinator, Linda Fevold, we have a new system created to centralize signing-up for volunteer opportunities. This includes hosting and greeting for weekend worship.

We'll roll this out to the congregation soon. Meantime, thank you to all those who have made this possible. That is—those who volunteer and those who participate, whether in-person or virtually. Remember to reach out to our **Volunteer Coordinator, Emily Notch** with any questions or to SIGN-UP! You can reach Emily at enotch@bethesdaames.org.





Bread for the World in Action

~ Glenda Eggerling

Jesus has been teaching the crowd all day long and the people are hungry. The disciples ask Jesus to take a break so that the people can find some food for themselves. Do you remember what Jesus says to the disciples? *"You give them something to eat."* When the people are hungry, Jesus tells his disciples, *"You feed them."* And so, his disciples set food before the hungry crowd. (Mark 6:35-42)

Through the monthly payments of the Child Tax Credit (CTC) to all low-income families with children, we have been feeding the hungry families of the USA. This income was used for basic necessities like transportation, education, and food—reducing child poverty by an estimated 40% according to the Census Bureau. But this help came to an end in December with the end of the CTC. Now around 343,000 families in Iowa are adjusting to the loss; an average of \$417 per household.

And in a kind of double whammy, Governor Reynolds announced the end of the public health disaster proclamation on February 15, which means the end of additional Food Stamp (SNAP) benefits. This will mean higher rates of food insecurity and longer lines at food pantries—most likely including the one at Bethesda.

In an Opinion piece published in the January 27th edition of the *Des Moines Register*, our own Dr. Larry Otteman wrote, "Both conservative and liberal think tanks support such allowances as the CTC because they're pro-family, pro-life, and a financial bargain given the lifetime costs of poverty."

Matt Unger, CEO of the Des Moines Area Religious Council, stated in another Opinion piece, "One thing that people of all faith backgrounds can agree on is the need to feed our neighbors who are facing hunger and food insecurity." And, "Let's not target the programs that help people experiencing poverty, let's target the reasons they experience it in the first place."..."Poverty is not a personal choice. Poverty is a policy choice."

Please join Bread for the World in working to pass government policies, such as the Child Tax Credit, that feed the hungry. Contact our Congressional Senators and Representatives and ask that they vote to make the CTC monthly payments permanent.

Our faith teaches that Jesus asks us to feed the hungry. Let us do so well.





SPLASH Children's Church Needs YOU!



Did you know that we have changed up our Sunday School format? **Children's Church takes place on BOTH Saturday and Sunday during the worship services.** Following the Children's Message our kiddos are led

out to gather in Crossroads on Saturday—Room 209 on Sunday—to experience lessons and activities co-current with the service in the Commons or Sanctuary. Parents pick-up their children following worship.

As parents, YOU are the primary passers of faith to your sons and daughters. At Bethesda we want to support you in that journey! Our programming is designed to care for and nurture your children through formative years. We continue to use the Spark curriculum, which is easy and accessible for any adult on our congregation willing to teach the half hour session.



Please consider signing up for one session, and see how rewarding it is. The link to sign-up is right here:

tinyurl.com/yckpnhaa

or use your smart device to scan the QR code below.

Have a question or need help signing up? Touch base with our Volunteer Coordinator, Emily Notch! You can reach her at enotch@bethesdaames.org.

Needed in Mar.

CALL FOR Children's Church Teachers

**Saturday and Sunday
following the Children's
Message, lead the children
out to experience the
lesson in a half hour
kids group setting.**



SCAN ME

Volunteer today





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contact@BethesdaAmes.org | www.BethesdaAmes.org

WORSHIP SCHEDULE

Saturdays @ 5:30 pm | Sundays @ 9:30 am

Wednesdays @ 6:30 pm during Lent

Livestreamed at www.bethesdaames.org and Facebook [BethesdaAmes](https://www.facebook.com/BethesdaAmes)

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Assistant Custodian
Curtis Malone



We invite you to join our community, which is committed to inclusion, racial equity and anti-racism. We share in God's abundant grace knowing that we cannot be separated from the love of God by our age, race, ethnicity, gender identity, gender expression, sexual orientation, marital status, political beliefs, socioeconomic status, physical or mental abilities or faith background.

For more information on our inclusivity visit:
<https://www.reconcilingworks.org/RIC/>

NOTE: please contact Lisa Ailshie at 232-6256 or contact@BethesdaAmes.org with requests / comments, or to submit an article for the Summer issue (deadline May 26).

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:
[iStock.com 177513822](https://www.iStock.com/177513822)

BETHESDA WOMEN

BETHESDA SEW-ERS

Volunteers gather Monday afternoons to assemble and sew blankets. Forty-three blankets were sent to Lutheran World Relief (LWR) in November. Blankets were also given to Ames homeless shelters. Plus donations to Ames High School students in need (through the homeless coordinator @ AHS).

CAFÉ BETHESDA 2.0

Bethesda Women host **Café Bethesda 2.0** at 5pm the first Saturday of each month. We do a Charcuterie Board—all finger foods, no silverware required. Free- will donations go to support our Benevolent Donations. *With Covid numbers on the rise, we were unable to host Café Bethesda in January and February.* Looking forward to seeing you March 5th!



GATHER MAGAZINE

Gather—not only the name of our magazine and prayer circle—but it's also be a verb, calling us to action! Bethesda Women will collect subscriptions to *Gather* as a group, so renewals are seamless (AND we would learn how many subscribers we actually have. This was done in the past at Bethesda, and it would be supportive of WELCA as an organization. To subscribe/renew *Gather*, please contact Carolyn Ahlstrom.



GATHER PRAYER CIRCLE

We are currently able to meet at Bethesda—masks recommended. We visit and discuss the Bible study in the *Gather* magazine for the current month. 9:30am Coffee/snacks, 10–11am Discussion.

- Thursday, March 24
- Thursday, April 28
- Thursday, May 26

the Wellspring



GATHER @ GREEN HILLS

Another gathering will be held monthly at Green Hills, each second Sunday at 2pm.

- Sunday, March 13
- Sunday, April 12
- Sunday, May 8

WOMEN'S BOARD

Monthly meetings are the 4th Tuesday of the month. All are welcome to attend or submit input. We still need a Treasurer! If you like crunching numbers, please contact a Board Member for more information.

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

COLLECTION for LWR SCHOOL KITS

We collected items and assembled 85 School Kits for Lutheran World Relief, and they were delivered to Windsor Heights Lutheran Church, DSM (for shipping).

BETHESDA COMMUNITY CLOTHING CLOSET

Approximately 32 volunteers work in shifts throughout each month to provide hundreds of families free clothing to anyone in need. Open hours are concurrent with the Food Pantry—visit bethesdaames.org/clothing-closet/.

BEYOND BETHESDA

- Week of September 18, 2023, Phoenix, Arizona
The 12th Triennial Convention and Gathering

Have you ever—or never—looked up WELCA on a computer? You will find the current lesson from *Gather* and so much more! Your Bethesda Women's Ministry Board would love to hear what you find. Please consider this a challenge, and share with each other. It is a good resource for daughters and grand-daughters, too.

Bethesda Lutheran Church
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www.BethesdaAmes.org

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The Journey through Lent

Tues, Mar. 1 6:30pm
Mardi Gras Beer & Hymns @ Torrent Brewing



Wed, Mar. 2 5:30pm
Lenten Soup Supper
..... 6:30pm
Ash Wednesday Worship



Wed, Mar. 9-Apr. 6 6:30pm
Lenten Worship

Wed, Mar. 16 & 30 5:30pm
Lenten Soup Suppers



Sat, Mar. 26 11:00am-1:00pm
Scavenger Hunt

Apr. 9 10-11:30am
Community Easter Egg Hunt



Thurs, Apr. 14 6:00pm
Seder Meal
..... 7:00pm
Maundy Thursday Worship



Fri, Apr. 15 7:00pm
Good Friday Worship

**VIGIL
WORSHIP**
Saturday
April 16 . . 5:30pm
(also livestreamed)

Easter

WORSHIP
Sunday
April 17 . . 8am
April 17 . . 10am
(10am also livestreamed)

BRUNCH
Sunday
April 17 . . 9am