

# the Wellspring

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

Published quarterly  
**Volume 17**  
Issue 2



# Summer

## 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

1517 Northwestern Avenue | Ames, Iowa 50010-5299 | 515 . 232 . 6256 | [www.BethesdaAmes.org](http://www.BethesdaAmes.org)



# Relationships Build Faith ~ Pastor Bryan Simmons

*"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone." ~ Fred "Mr." Rogers*

Dear Brothers and Sisters in Christ,

There's a lot that's troubling our world lately. We're still in the midst of the COVID-19 pandemic. Our political divisiveness has become measurably greater. School shootings and gun violence are on the rise. The suicide rates in preadolescents and teens are significantly higher. Inflation is making it harder on our daily living. Russia is still assaulting Ukraine. Monkey pox? Heck, I'll throw that in there, too. It's a lot, and I think it's ok for us to acknowledge the overwhelming nature of it all.

In this world that's currently a bit much to navigate, I see an even bigger issue developing. Our society is getting increasingly individualistic, relying more on our devices than on each other for information, entertainment, and connection. It's made our relationships more disconnected, more information-based than emotional. I'm guessing many of us can name very few people we can truly open up to about our feelings. It's a sign that there are very few people we actually have a relationship close enough with to trust.

Yet it's in these very relationships of trust where we can open up emotionally and share very important things. It's in these relationships that make possible the sharing of the life-changing promise of love and forgiveness by our Creator and Redeemer with others. I thoroughly believe that in our overwhelming world, where trust is hard to come by, our mission as Gospel believers, as Christians, is to do exactly what Jesus said to do. Go out and make disciples of all nations. We do this as Jesus did, by seeking out others to form relationships of trust with, so that we may empower them to form relationships of trust with others, until all may know the saving grace of God. We cannot do this by simply hoping people come to us to hear the Good News.

It's not about knowledge, although diligent study of the faith is certainly encouraged just to satisfy our own hunger. But it truly is about relationship and trust; trust that you can share your story, trust that you can open up to others about what God means to you, trust that your misgivings about the Gospel story can be openly talked about and explored, and trust that the Holy Spirit is active in our conversations and working to build faith through our interactions with one another.

If it was all about knowledge, the Bible would've been sufficient for faith and Christian bookstores would be the central hub of congregations. But it was the eyewitnesses to the Resurrection who first told their family and friends and anyone willing to listen that is the foundation of our Church. We, in relationship to one another and to God, whose very being is relationship as Father, Son, and Holy Spirit, share in this good news of love, life, and peace through Christ. May we be like Jesus, seek out new friends, so that God's life may flow through our relationships in this overwhelming world.

Yours in Christ,  
Pastor Bryan Simmons

**Nominate Bethesda!**  
Best Place to Worship  
5th year in a row!

[tinyurl.com/mp92ptyr](https://tinyurl.com/mp92ptyr)

**Deadline: June 19**

Find our category in  
Entertainment & Leisure

2022  
**BEST**  
OF STORY COUNTY  
The Official Community Choice Awards  
Ames Tribune  
nominate.biz.com



# Sometimes **Less** Can Be **as Good** as More

~ **Larry Otteman** Council President

Growing up a Lutheran, first Missouri Synod and later ELCA, I assumed that all faiths stated their beliefs or creed as part of the liturgy. Many American churches do not accept an historic creed as a summary of biblical truth. The Baptist Church is an example of a robust faith tradition that does just fine, thank you, without a creed.

You may know the names, and even the specific words of our common creeds: The Apostle's Creed, the Nicene Creed and the Athanasian Creed. Each is longer and more involved than the former. I would like to introduce you to a much briefer statement of faith.

It is most often referred to as the "Jesus Prayer" and is more widely practiced in the Eastern Orthodox Church. I find its simplicity very appealing.

Lord Jesus Christ, Son of God,  
have mercy on me, a sinner.

I encourage you to pray it three times as the repetition helps the words to sink in. Much is packed into these twelve words. It is worthwhile to ponder each word and its meaning to you. I hope you enjoy using this statement of faith as much as I do.

God bless your journey in faith,  
*Larry Otteman* Council President



**JUNETEENTH**

Join us **June 18** from  
**3-7pm** at Bandshell  
Park. Bethesda will  
have a booth!

EXPLANATION OF THE  
DECLARATION OF THE ELCA  
to People of  
African Descent



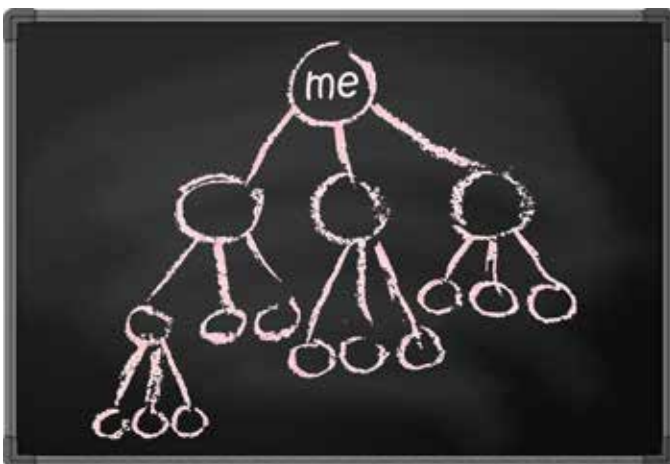


## Bethesda Elevator Grand Opening!

**W**e're UP and RUNNING!!! After our *School's Out Bash BBQ and Worship* on Wednesday, June 1, we "did a thing." A really BIG thing! That YOU all helped us to do. And we now have an elevator between the first and second floor, providing so much more access to everyone. Our programming and special events can now be expanded to include those of us for whom stairs are a challenge, as well as those who need to move materials up and down. What a blessing! Thank you to everyone who contributed to "The Time is Now Capital Campaign." *Amen, indeed!*



## Stewardship 2022



**Pledge it Forward**

**T**he Stewardship Board is planning on an "extended campaign" again this year. We will do a series of Temple Talks at worship—once per month. Organizations that Bethesda supports to carry out God's work will be highlighted; of course Bethesda is able to offer this support because of your generous pledges. Rod Fischer already gave a talk in mid-May focusing on the Food Pantry housed at and operated by Bethesda. A "culminating event" will be held at the Ames Golf and Country Club on **October 5**. This event will entail a meal and a fabulous keynote speaker who will speak on his experiences with stewardship. Put October 5 on your calendar—you won't want to miss this event,



## Bethesda Chooses a **New Path** with Plans for Three Pastors

As Pastor Bryan reminds us, the pandemic has taught us to be flexible. The congregation recently chose a new path with plans to call two Associate Pastors to join Lead Pastor Bryan Simmons. The departures of Pastor Ryan and Mark Kretsinger-Harries allowed us to imagine a new way to address some critical and ongoing needs.

The Congregation recognized the need to reemphasize Youth and Family Ministry with the decision to look for a Deacon focused on this area over one year ago. A member wide survey in October 2021, reinforced the fact that this is the highest priority for us as a community of faith.

At our recent special meeting on May 22, we approved the search for a full time Associate Pastor of Youth and

Family Ministries. Tony Woodcock (immediate past-president) will lead the call committee which consists of Jolene Baker, Kristina Greenfield, Mary Greenfield, Diane Hinderaker, Lise McKillop, Sara Nelson, Karen Nettleton, and Joyce O'Donnell.

At that same special meeting, we approved Steve Peters (president-elect) to lead the call committee for a full-time Associate Pastor of Worship Arts. Those members are Trace Houge Brakke, Duane Huffer, Jean Nicol Jahren, Mif Grotnes, Norma Sisson, Kathy Slocum, Jeanne Stewart, and Marnette Worth.

Keep both committees in your prayers to find the right people for these positions.

*- Larry Otteman*  
Council President

## We Sponsor **Family Night** @ Halfshell

June 3 was a perfect weather Friday for Family Night at Ames on the Halfshell. We sponsor this concert annually, in partnership with the Ames Jaycees. Thanks for coming out and enjoying the music (Stranger Than Fiction), the food truck, our bounce house, and each other!







# Reconciling in Christ (RIC) Ministry Team Update

~ **Larry Otteman** Council President

People are familiar with our revised welcoming statement and the emblem for Reconciling in Christ. Both appear in our e-newsletter and on our weekly bulletin. I would like to review other actions taken by the Congregation that also represent our commitments to RIC.

These changes in our bylaws are especially important as we call two Associate Pastors and hire new personnel. The first is a requirement to be included in all job descriptions, both called and hired. A commitment to actively promote an inclusive and welcoming community and to work for racial justice.

The second change is a promise from the Congregation to those we call as rostered leaders. Rostered staff (Pastor and Deacon) shall be responsible for those areas of mission and ministry assigned to them in their Letter of Call. In the Evangelical Lutheran Church of America, or ELCA, leadership is open to all people. Bethesda Lutheran is committed to being inclusive and to racial equity and anti-racism. All positions of rostered leadership are open to both LGBTQIA+ individuals as well as Black, Brown, and Indigenous Persons of Color (BIPOC).

Anyone interested in joining the RIC Ministry Team is welcome. Please contact Larry Otteman at [larryaotteman@gmail.com](mailto:larryaotteman@gmail.com) for more information.

## Bethesda Blanket Sew-ers

~ **Jeanne Rieck**

On March 21, the Bethesda Sew-ers Ministry Team sent 40 quilts for Ukraine refugees via the Orphan Grain Train (OGT)—a Christian volunteer network. The ISU Women's Club was meeting at Bethesda the very day that the Team loaded boxes. So they offered to take the quilts and include them with the OGT shipment!







## Saving Suds Update

~ **Kim Burnett** Christian Service, Mission, and Outreach Board Chair

**S**aving Suds is popular as evidenced by clients lining up for quarters each month. In April we helped 20 families and in May we helped 18 families, with up to \$30 in quarters each. Both times our donated quarters were used up in an hour! The soap pods and dryer sheets go fast too. Thank you to May volunteers Pam Sargent and Janet Mickelson! Lynn and Kim Burnett did a busy hour in April before they ran out of \$300 in quarters. We are now bringing \$400 in quarters to our Saving Suds monthly afternoon.

Keep on donating to assist these Ames families—and a check with "Saving Suds" in the memo will go farther than a few quarters! (We go to the bank and get rolls of quarters.) And ***please keep signing up to volunteer***, every first Thursday of the month . . .



**Saving Suds**  
1st Thursday each month Choose one of two shifts: **3:45-5:15 OR 5:15-7:00 pm**  
@ Squeaky Clean Laundromat  
Give out quarters and soap pods  
**SIGN-UP TO VOLUNTEER!**  
[tinyurl.com/yvkybd3v](http://tinyurl.com/yvkybd3v)



**Celebrating & Renewing our  
Tanzania Synod Relationship**

**Join us for shared mission and lunch**

**Saturday, June 18 . . . 10am-2pm**

**Bethesda Commons (fellowship hall)**

**RSVP at [tinyurl.com/3vuj5ym5](http://tinyurl.com/3vuj5ym5)**





# Immigrant & Refugee Ministry Team Update

~ **Larry Otteman** Council President

The second unit of our remodeled duplex will be completed in August 2022 (thank you Bethesda Facilities Team) and Bethesda can expand its commitment to welcoming immigrants and refugees by offering housing. There will be other opportunities to make concrete our commitment in the coming months. The need is overwhelming with those from Central America seeking asylum and displaced people from Afghanistan and Ukraine.



Even before the Congregation completed a process of discernment and approved a formal statement of welcome in January 2022, members of this ministry team had been busy behind the scenes. We have

membership in three groups in Ames—the Story County Immigrant and Refugee Collaboration organized by Story County United Way, Ames Sanctuary Interfaith Partnership and Ames Immigrant and Refugee Association.

Our national connections include Lutheran Immigration and Refugee Services, Lutheran Services Iowa and ELCA. All this reflects the complexity of addressing this great need.

The members of this ministry team include Diane Pierce, Ann Hein, Russ Melby and Randi Peters. They are a mighty team but could sure use more hands. Please consider joining this ministry team. You may contact Diane Pierce at [dcf.pierce@gmail.com](mailto:dcf.pierce@gmail.com) for more information.



## ASIP 100 Backpacks! Project

100 Backpacks with basic necessities to send to immigrant families traveling to families/sponsors

**DONATE AT**  
**Walmart Registry; Collegiate United Methodist**  
**ASIP, Box 65, Ames, 50010**





# BETHESDA WOMEN

## CAFÉ BETHESDA 3.0

Bethesda Women will be stepping down from hosting Café Bethesda 2.0 beginning in July. The church office will purchase wrap sandwiches, and a potluck format with volunteer servers will resume each first Saturday.



## GATHER MAGAZINE

*Gather* is not only the name of the magazine and our circle, but it can also be a verb, calling us to action. Bethesda Women is offering to collect subscriptions to *Gather* as a group, so renewing wouldn't be overlooked, and we would have an idea how many subscribers we actually have. Apparently, this was done in the past at Bethesda, and it would be supportive of WELCA as an organization. If you would like to subscribe or renew *Gather*, please contact Carolyn Ahlstrom.

## GATHER PRAYER CIRCLE

We meet to visit and discuss the Bible Study in the *Gather* magazine for the current month. 9:30 Coffee & Snacks, 10am-11am Discussion.

- Thursday, June 23
- Thursday, July 28
- Thursday, August 25

## GATHER @ GREEN HILLS

Another gathering will be held monthly at Green Hills. The Second Sunday of each month, 2pm. We will read and discuss the Bible Study from the *Gather* magazine.

- Sunday, June 12 (May study)
- Sunday, June 26 (June study)
- Sunday, July 10
- Sunday, August 14

## WOMEN'S BOARD

Monthly meetings are the first Monday of the month. All are welcome to attend or submit input.

- Monday, June 6
- Monday, July 11 (2nd Monday because July 4th)
- Monday, August 1



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

## BEYOND BETHESDA

- Fri & Sat, June 10-11, 2022—SEIA SWO  
34th Convention/Gathering, St Paul Lutheran Church,  
Davenport, Iowa
- Week of September 18, 2023—The 12th Triennial  
Convention and Gathering, Phoenix, Arizona

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## PRESIDENT OF BETHESDA WOMEN

At the May Board Meeting, I stepped down as President, and Randi Peters agreed to be appointed as our new President of Bethesda Women. For almost two years, I have been both the President and Acting Treasurer, since our previous treasurer left the board. And I have been President for several years before that. I will continue to be on the board as Treasurer for the remainder of this term.

*Please welcome Randi in her role as President*, as we transition from staying apart due to the pandemic, to being able to be together again.

We really need some new faces and new ideas on the Women's Board! Please pray carefully and with discernment that we have some other women in our congregation come forward for our elections in January 2023.

~ Karla Mortensen





## Scandinavian Coffee

After two years of not having a full-fledged Scandinavian Coffee, here we are planning *a real in-person event!* **Saturday, October 22, 2022** —Bethesda will be bustling with people, coffee, Scandinavian Treats, and Swedish Meatballs. The physical space of our church has changed since our last event in 2019. Where we used to have the Bake Shoppe is now the Clothing Closet. The Music Room is smaller with the installation of the elevator. The second floor is accessible because of the elevator. The library has been transformed into a beautiful, open meeting space.

So, what does this mean for Scandinavian Coffee? The Bake Shoppe will be in the Crossroads space, the Gift Shoppe will be in the old Music Room AND Gift Shoppe vendors will be upstairs! The Commons will be similar to how it has been, with fiddle music and Krumkake demonstration and Swedish Meatballs being served at the Kitchen Window for lunch. Weather permitting, we will have overflow seating available on the East Patio.

We'll have Baking Workshops starting in September. So if you like to bake, or would like to learn how, please look for more details as it gets closer.

CO-CHAIRS: Karla Mortensen, Gretchen Mosher, Lindsay Peters

GIFT SHOPPE CHAIR: Jeanne Stewart



*The Wellspring* magazine is published quarterly by Bethesda Lutheran Church, a Congregation of the Southeastern Iowa Synod, Evangelical Lutheran Church in America

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### WORSHIP SCHEDULE

Saturdays @ 5:30 pm | Sundays @ 9:30 am  
 Livestreamed at [www.bethesdaames.org](http://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](mailto:contact@BethesdaAmes.org) with requests / comments, or to submit an article for the Fall issue (deadline August 18).

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 903912308](https://www.iStock.com/903912308)





## **July 2022, LSI Bulletin/Newsletter Article and Story**

### **God's work. Our hands.**

As a social ministry organization of the ELCA, Lutheran Services in Iowa (LSI) is so thankful for your partnership in ministry! Thanks to you, we are able to provide education to parents of young children, empower Iowans with disabilities, and offer critical mental health care to community members of all ages. This month, we would like to give special thanks for those of you who have made LSI a focus on your congregation's "God's work. Our hands." project.

On a planned day in September, each congregation is encouraged to reach outside of the church and do good deeds in the community by participating in a project for "God's work. Our hands." This is a perfect opportunity to combine community projects with a special project for nonprofits like LSI, whether it's raising money or contributing in-kind gifts.

We thank you for your service! If you are interested in supporting the Iowa children and families served by LSI or would like to get involved in a "God's work. Our hands." project with LSI, please contact Deb Whitford, LSI director of philanthropy and church relations, at [Deborah.Whitford@LSIowa.org](mailto:Deborah.Whitford@LSIowa.org) or 563-676-2065.

*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 LSI (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 [LSIowa.org](http://LSIowa.org) and [Facebook.com/LSI.Iowa](https://Facebook.com/LSI.Iowa).*

### **Restoring Hope**

Over the last year, LSI and its many community partners across Iowa have come together in a time of need. When hundreds of Afghan evacuees needed a place to call home in Iowa, LSI rose to the challenge to provide crucial resettlement services.

Supporters from across the state rallied together to provide financial support; they put together almost 600 welcome boxes so every individual had what they needed when they arrived; and they volunteered their time to provide assistance with transportation and housing during a distressing time.

In our offices in Des Moines and Sioux City, LSI was able to hire additional staff who speak 14 different languages. In December 2021, for the first time in 10 years, LSI began welcoming new arrivals to Iowa, and we have since welcomed more than 165 individuals – including many families – to their new home in Iowa. Thanks to the support of our partners, Iowa continues to be a space of welcome, a place where individuals can find safety, security, and a community where they can rebuild their lives.

**Bethesda Lutheran Church**  
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"I pray that you and all of God's people will understand what is called wide or long or high or deep. I want you to know all about Christ's love, although it is too wonderful to be measured. Then your lives will be filled with all that God is."

~Ephesians 3:18-19

# Vacation Bible School

**August 8-12 . . . . . 9:00am - 3:00pm**

**@ St. Andrews Lutheran Church . . . . . 209 Colorado Ave, Ames**

**AGE** 3-years (potty-trained) through age 10 (or completed 5th grade)

**COST** \$30/first child . . . \$25/each additional child

*Children will need to bring a sack lunch each day.*

Invite your Family, Friends & Neighbors to register online TODAY!

**[tinyurl.com/5d9kdbcc](https://tinyurl.com/5d9kdbcc)**



**Bethesda Lutheran Church**  
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**St. Andrew's Lutheran Church**  
Committed to Christ and Community

**EWALU**   
Camp & Retreat Center