

the
Wellspring

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

Published quarterly
Volume 14
Issue 1

Spring
2019

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



Accepting the Ultimate Reward

~ Pastor Bryan Simmons

Lord, who is a God like you? You forgive sin. You forgive your people when they do what is wrong. You don't stay angry forever. Instead, you take delight in showing your faithful love to them. Once again you will show loving concern for us. You will completely wipe out the evil things we've done. You will throw all our sins into the bottom of the sea. You will be faithful to Jacob's people. You will show your love to Abraham's children. You will do what you promised to do for our people. You made that promise long ago.

~ Micah 7:18-20 (NIRV)

Dear Brothers and Sisters in Christ,

Most religions, at their core, are about what you must do right to be rewarded and avoid punishment. They are about accomplishments that lead to the ultimate satisfaction for a job well done. They have different reasons for doing so, whether it be to separate oneself from your own selfish desires, break free of the endless karma cycle of rebirth so your soul can finally be at rest, remember and honor God enough by doing the right things consistently to join God in Heaven (and avoid eternal punishment), or to dig into the power of intention and harness the energy of the universe, realizing you are a deity (I couldn't help but throw a little New Age religion in there).

Yes, most religions focus on what you do to earn something else, primarily the ultimate reward for your own soul. They seem, too, to recognize that our souls are troubled, that not all is right with the world, and that SOMETHING must be done for it to be better. Christianity is pretty unique in that the focus is not on what you do to earn the ultimate reward for your soul. Instead, it flips the quest upside down.

Christianity is not a life-long struggle to please God in hopes that you did enough right by the time you die (although many, Christians included, have unfortunately taken Christianity to mean just that). Instead, Christianity is a life-long struggle in accepting the ultimate reward that God has accomplished for you despite what you have done! As Micah says at the end of the Book of Micah, "Who is a God like you? You forgive sin... You will completely wipe out the evil things we've done... You made that promise long ago." The proof of this is the eyewitness testimony to Jesus the Christ, whose life, death, and resurrection accomplished this very thing. Your task? Your goal in Christianity? Believe that what God has done for you is actually true. Yes, it's that simple, but it leads to so much more!

When you believe that what God has done for you is actually true, it opens your eyes to the world God made! You see the imbalance in the world and the oppressive forces because you see those affected by it as people God has done this wonderful thing for, as well. In Christ, our caring for the poor and oppressed isn't born out of something we should do (we were supposed to care since the beginning of time), but because suffering to anyone is suffering to everyone in the Kingdom of God. Faith indeed leads to action!

You are forgiven. You are welcomed into eternal life. You are covered by what God has done for you already! When you believe this to be true for you, you can't help but believe it to be true for the rest of God's creation. Your actions can now stem from the love God has shown you, not fear. It is a struggle, to be sure. Because who is God, that God would do such a wonderful thing?



Bethesda had a SUPER SUNDAY blast at Seven Oaks on February 10! Winter fun was had both outdoors *and* indoors.



New Year . . . New Council President Continuing and New Goals

~ **Ron Morgan** Council President

Today, February 1, 2019, is officially my first day as Congregational President of Bethesda Lutheran Church. Today is also my first deadline for the President's Message to go into the *Wellspring*.

My writing skills have previously been related to scientific/medical writings using some big words such as Acute Eosinophilic Meningoencephalitis compatible with Water Deprivation/Salt Poisoning. Veterinary college did not emphasize people communication, but was strong on observing and communicating with and about animals. Listening is a very important part of this communication.

My personal goals as your President are to improve my people listening and writing skills in an effort to provide better communication to the Congregation.

I plan to continue on with our Strategic Plan as approved by the Congregation in 2017. Our goals are as follows:

- Unite the congregation in service
- Grow young families' presence while remaining dedicated to the current demographic
- Grow overall worship attendance from a weekly average of 310 to 450 (all services), or about 8% each year for 5 years

Auxiliary benefits of achieving these goals include a stronger base to strengthen volunteerism, educational opportunities, stewardship, musicianship, service, outreach, etc.

For the immediate future, I have several positions to fill on Boards and Ministry Teams. Please feel free to let me know of your interests and talents to help us match your gifts with Bethesda's needs.

I know many of you would prefer to be asked, as I was for the Council Member-At-Large and President. I thank Maynard Hogberg and Rod Place for expressing faith in me for those roles. Another deep bass voice (mine) may be asking you to serve also. I pray that everyone will participate in making the "Best Place to Worship in Story County" even better.



For the many Bethesda Members who are already working on the Council, Boards and Teams, I thank you for your dedicated work and the many hours you are giving to our church. Your work does not go unnoticed. God Bless you.

The future for Bethesda looks very bright. Membership is increasing. Enthusiasm for our church is great. New outreach programs have been successful in bringing unchurched people in our doors. However, we have much more to achieve.

The Council will be doing long range planning to prepare us for the future, hopefully starting later this month. All suggestions are welcome regarding making Bethesda Lutheran Church better situated for the future. Paying off the mortgage in the next ten years and increasing our Endowment Fund to cover the impending needs will be part of this discussion.

I close with this thought from Mark Batterson's book *Whisper, How to Hear the Voice of God*. "Listen to God's Voice. God still speaks but often we are bombarded with noise which makes it difficult to hear God. God often speaks in a whisper; not to make it difficult to hear him but to draw us in close."

SAVE THE DATE

The next All-Boards meeting will be held in the Commons on May 7, beginning at 6:30 pm.



Welcome New Members!

Noella Masengesho

Noella is a student at Iowa State University, moving here from Seattle in 2018. She is originally from Rwanda—Kigali—Africa. Noella is the youngest of six siblings. She is a junior in Chemical Engineering. Noella likes dancing, dressing up nicely, meeting new people, cooking and eating with friends—and learning!



The Ramfjord Family

Scott, Miles and Susan have lived in Slater for three years. We enjoy the small town life and living so close to High Trestle Trail.

Scott is originally from North Dakota and is a big UND hockey fan. He is a sport enthusiast and especially enjoys pulling for the MN Vikings and Miles's sports. He works for Ankeny schools. Susan grew up in the area. She enjoys outdoor activities in all the seasons. Biking and trail walking are her favorites. She also enjoys cooking and music. Susan works for Davis Brown Law Firm in West Des Moines.

Miles is in 6th grade and has many interests. He just played his first year of football, and loved it. He also plays soccer, participates in swim team and competes in triathlons in the summer. Miles music interests include singing, trombone and trumpet playing.

The Ramfjords share their home with their two pooches, Murphy and Layla. It has been great getting to know the people of Bethesda and we look forward to becoming more involved with the church.



Rich & Barb Roepke

Rich and Barb Roepke moved to Ames in August 2018, joining three of their four children, including Gretchen (Mike) Mosher, Dave (Heidi) Roepke, and Steph (Eric) Schares in Ames. They also have Joanne (Beany) Bode in Algona, Iowa. They also have eight grandchildren.

Rich is a graduate of Iowa State University and owned and operated an insurance agency in Aurora, Iowa 1975 until his retirement in 2010. He served as a leader in many community and church organizations in Aurora and the surrounding area. He is a Cyclone fan and is a season-ticket holder for the ISU football team.



Barb earned bachelor's and master's degrees from the University of Northern Iowa and retired in 2010 after more than 25 years teaching elementary and PK students at East Buchanan Schools in Winthrop, Iowa. She enjoys antiques, giving hat programs, and various home improvement projects.

Both Rich and Barb enjoy spending time with their family, including kids, grandkids, and other extended family members and friends. They also enjoy traveling and wintering in the panhandle of Florida. The Roepkes have been attending Bethesda this summer and look forward to participating in many of the activities offered by Bethesda Lutheran Church.

Do you know someone who may have interest in Bethesda Lutheran Church? Tell them about "the best place to worship in Story County" wherever you are—dinner, school events, book clubs, sporting events. And invite them to experience worship with you!



TASK FORCE: Room #114 (Library)

~ **Rod Kern** Task Force Leader

The Room 114 Task Force includes six members representing a cross-section of interests and talents. Pastor Ryan is the staff liaison. The goal of the Task Force is to present to the Church Council recommendations to make room 114 an even more vital part of outreach and fellowship, as well as a media center and community gathering space. It is the desire of the Task Force to make recommendations to make this key, centrally located room, even more utilized by all and to recommend an eloquent “biblically based” name that better represents all of its possibilities.

To make these recommendations the task force is in the process of:

- Reviewing historical and current uses for this space.
- Working with the Library Ministry Team to begin “reading the shelves,” determining what materials are being utilized and what materials are outdated.
- Working with the Facility Ministry Team to complete projects such as replacing windows near front entrance and the removal of the unused radiators, to provide a better vision of the potential for the space.
- Analyzing the surveys collected from the Church Boards and the Congregation for potential ideas and direction.
- Visiting other churches and media centers, as well as searching online.

The Task Force’s recommendations will be categorized into three separate options to the church council, complete with quotes where possible:

- 1) **Minimal changes** - Work mainly to be completed by the facility team and volunteers
- 2) **Moderate updates** - Involves some capital money for the replacement of furniture, lighting, etc.
- 3) **Maximum renovations** - Involves capital money and could include construction and major renovations.

It is our goal to present our recommendations to the Church Council by the April council meeting if not sooner. The Task Force asks for your patience and prayers.

Glenn Crosswait
Kathy Harris
Rodney Kern
Shelly Meinhard
Norma Ricketts
Anthony Woodcock



New in the Church Library

The Friday morning book group at Memorial Lutheran Church in Ames, which includes several members from Bethesda, finished studying and then donated a copy of Kate Bowler’s book, *Everything Happens for a Reason and Other Lies I’ve Loved*, for us all to ponder. The senior minister of Riverside Church, Amy K. Butler, says this about the book: “The Kate Bowler you will come to know in this book is 100 percent real: honest, brave, holy, ridiculous, profane, hilarious, human—fierce and beautiful words will make you ugly-cry and laugh out loud inappropriately in public places, and they will make you long for the courage to tell the truth about your life.” Check it out from our own Bethesda church library!





YOUTH AND FAMILY



We are SO excited to begin fundraising for our **YOUTH GROUP** heading to Shighatini this summer! We appreciate the prayer and financial support of the congregation and hope you will come out for each of the events listed below. Our fundraising goal for the entire group is \$20,000. This will include all travel costs, food and lodging.

FLOOD Adopt-A-Grandparent

Our High School FLOOD group has initiated an **ADOPT-A-GRANDPARENT** outing for **March 10** from **2-3:30 pm** @ **Northcrest Community**.

Thank you to Shelly Pearson and Melanie Trepa for spearheading this initiative. We also look forward to building this program out to our Middle School youth, and visiting more retirement communities in the Ames area throughout 2019.



OASIS Action

OASIS Middle School Confirmation students continue their study in the Old Testament throughout February in the books of Ezekiel, Zechariah, 1 Kings, Amos, Hosea and Jeremiah. We take a pause with our confirmation classes but continue with our mentoring program during Lent. We enjoyed a fun Glow Party activity in February as well. Looking ahead we will be celebrating our 8th graders with a Confirmation Banquet on Wed, May 1, followed by **Confirmation Weekend on May 4 and 5**. We look forward to this class of nine students affirming their baptisms and continuing to serve our Lord in thought, word and deed.

TIDES & TOTS

Interviews are underway and we are looking to fill our Nursery Coordinator position in the very near future. We are still accepting applications. If you know anyone that is interested in this position, please put them in contact with Dan Hinderaker to apply. Thank you.



FUNDRAISERS: Summer 2019 Shighatini

Chili Cook-off

Sunday, February 24

... Nairobi ... 6-8:00 pm

Ash Wednesday Soup Supper

Wednesday, March 6

... 5:30-6:30 pm

Progressive Dinner

Sunday, March 31

... 6:30-8:30 pm

Easter Brunch

Sunday, April 21

... 9-10:00 am

Trivia Night

Friday, May 17

... 6:30-8:00 pm



- 1 PEMBA NORTH
- 2 PEMBA SOUTH
- 3 ZANZIBAR NORTH
- 4 ZANZIBAR URBAN/WEST
- 5 ZANZIBAR CENTRAL/SOUTH



YOUTH AND ACTION



On January 27 the SPLASH Singers presented "Deep and Wide" during worship

SPLASH Faith Formation

Splash K-1 Kids are diving into the character of God this semester. We are talking about what it means to be a servant, what it means to be an individual created by God, and how to look on the bright side because God is our enduring hope! The kids have also had a lot of fun learning new contemporary Christian songs with some pretty great dance moves. The attendance prizes create a lot of excitement for the kids this year. They really enjoy being called up when they have received their 5th, 10th, 15th, and 20th attendance stickers!

MOPS!

The moms of Mothers of Preschoolers (MOPS) have enjoyed getting to know one another and discussing great topics like raising strong boys and strong girls; and what it takes to raise compassionate kids. They've even had speakers from the community to talk more specifically about the Ames mom experience. They've been collecting diapers and baby outfits (box in the Commons) to donate to YSS's Storks Nest.



DIAPER DRIVE

High School Lock-In: Feb. 22

High schoolers—bring your friends to Bethesda at 8:00 pm for a grand overnight agenda:

- Worship / devotion - Group games
- Pizza - Movie & popcorn
- Game room time

Sign up at the Welcome Center or at www.bethesdaames.org/event/1278584-2019-02-22-high-school-lock-in

Beach House is BAAAACK! . . .

The Bethesda Beach House has moved! Elementary-aged youth . . . join us for a Bible lesson, fellowship, crafts, snacks, games and FUN on **Saturday, March 2 from 3–5:00 pm!** Parents, feel free to get away for a couple hours and come back for Café Bethesda and our Saturday Modern worship service. This is a great opportunity to come together as the Body of Christ and have a BLAST at the Beach House! Sign up at the Welcome Center, we hope to see you here.

First Communion Class

Attention all Second-graders (and up) interested in taking their First Communion at Bethesda! We will hold a 3-session class during SPLASH time: **11 am–noon**, Sundays, **March 31, April 7 and April 14.** These young people are then invited to take their First Communion during the Maundy Thursday service, Thursday, April 18, starting at 7:00 pm. We look forward to learning and growing as we take this next step in our young peoples' faith together. Sign-up at the Welcome Center or see Dan Hinderaker with any questions.

Camperships Stipends Due 3/17

Bible Camp is an important and exciting way to learn about and experience growth in one's faith. ELCA Lutheran Bible Camp stipends (to any ELCA affiliated Camp) are presented to Bethesda youth as a show of support and are not based on financial need. Application materials are available at the Welcome Center and at www.bethesdaames.org/2019-campership-stipends/. Contact Dan Hinderaker with any questions.

HS Summer Opportunities

We have two great opportunities for High School students this summer. Either of these programs would be a fantastic way to spend a week of your summer in 2019. There are only a limited number of spots available. Please contact Dan Hinderaker for assistance with applying or if you have any questions or would like additional information about either of these great programs.

- 1) Simpson Youth Academy (HS sophomores & juniors)
June 22-30Application deadline Mar. 1
- 2) Grand View University NEXUS Program
June 23-28 or July 7-12 . . Application deadline Apr. 1



Lenten Soup Supper

We will be signing up to serve one of the Lenten Soup Suppers. Please watch for date and sign-up for kitchen help and/or bringing desserts.

Welcome New Women's Board!

The new board's term began February 1, 2019, and is as follows:

President – Karla Mortensen

VP – Lindsay Peters

Secretary – Gretchen Mosher

Treasurer – Barb Conis

Members-at-Large – Jo Hutchins; Carolyn Ahlstrom

Board Meetings are scheduled for:

Fourth Tuesday @ 6:30 pm Room 207
(Women's Ministry Room upstairs)

ALL are welcome to attend at any time.

Circle Bible Studies

Third Tuesday @ 9:30 am Northridge Village
February 15

Fourth Wednesday @ 7:15 pm Bethesda
February 27

Fourth Thursday @ 9:30 am Bethesda
February 28

Christmas Gathering

Our Christmas Gathering was held Saturday, December 8, 2018. Our morning started with the *Gather* Bible Study, following by the Business Meeting, which included Elections. Our speakers, Lori Woodcock and Jeanne Stewart, spoke about "Days for Girls." They were the recipient of the offering at this event.

Spring Gathering

Look for the day and time to be announced in the Bulletin/Announcements, *Living Current* weekly e-newsletter, and on the Women's Ministry Bulletin Board. Sign up will be available soon—online or at the Welcome Center.

Directory/Yearbook

The directory is currently being updated. The big changes are the addition of Circle times and days. Thank you to Carol Melvin for updating the name/address/phone listings. Thank you to Carolyn Ahlstrom for adding these new circle opportunities to gather with other women!

Benevolent Funds (paid in 2018)

Request	Amount Allocated	Category
Bethesda Tanzanian Trip	\$5,000	Bethesda ministry
Lutheran Chaplaincy Outreach – U of Iowa	\$1,000	Lutheran ministry
Tanzanian Team – computer for milk processing	\$500	International ministry
Ames Children's Choir	\$250	Community ministry
Riverside Bible Camp	\$500	Lutheran ministry
Boy Scout Troop 140	\$1,000	Community ministry
Bethesda Food Pantry	\$500	Bethesda ministry
Bethesda – Days for Girls	\$500 plus Gathering offering	International ministry
LSI – Beloit Garden	\$300	Lutheran ministry
Good Neighbor	\$1,000	Community ministry
Emergency Residence Fund	\$750	Community ministry
Bethesda Youth – Triennial	\$350 (paid later)	Bethesda ministry
Bethesda – 5 white tables	\$400	Bethesda ministry
Total	\$11,700	

Days for Girls



Pictured, front row, Ingrid Place, Pamela Osuch, Lori Woodcock, and Kathi Arnold; back row, Kim Burnett, Trace Houge Brakke, Jeanne Stewart, Diane Hinderaker, and Helen Olson.

Thrivent Financial provided an Action Team grant of \$250 to member Ingrid Place to help the Bethesda Lutheran Church's new ministry team "Days for Girls" purchase supplies.

Last fall the new ministry team was created to bring the women of Bethesda together to help girls and women all over the world. The co-leaders of the Bethesda Team, Jeanne Stewart and Lori Woodcock, felt this was a unique opportunity to get involved in an issue that most people do not think about. Days for Girls is an international organization that provides washable solutions for menstruation, health education, and social enterprises to women and girls in over 110+ countries and it has reached over 1 million girls.

The Bethesda Team meets the third Sunday of the month at 6:00 pm at Bethesda Lutheran Church. Everyone is welcome at any of the meetings and no sewing experience is necessary.

Bethesda Choirs

The vocal choirs of Bethesda are up and running in the new year, getting ready for Lent, Easter, and beyond! If you are interested in joining the adult Bethesda Choir, or if you would like your child to get involved with the Choristers, please speak to Mark Kretsinger-Harries or contact him: mkharries@bethesdaames.org.

Also, be on the lookout for "Sunday Choir" dates to be announced. These are Sunday mornings when anyone and everyone is welcome to meet in the Music Room an hour before worship to learn a piece of music from scratch, then sing it in the service. Bethesda is a church with a strong tradition of choral music, and we want YOU to be a part of its future!

On January 27 we were fortunate to host Luther College's Nordic Choir.

Nordic Choir, founded in 1946, enjoys national and international acclaim as a premier collegiate choral ensemble in the United States. Dr. Andrew Last '97 was named conductor of Nordic Choir and director of choral activities in 2017.





Clothing Closet

~ **Kathy Harris** Chair

The Bethesda Community Clothing Closet is located on second floor in Rooms 201/203. We are open Monday and Wednesday 9:30-11 am, Tuesday 6:30-8 pm, and Thursday 1-3 pm.

We accept donations any time the church is open. One may donate by dropping items in the blue cart by the Northwest (Faith & Life) entrance. We accept clothing that is clean, gently used, and in season. Bedding and bath towels are always in demand. Items that we cannot use are donated to Goodwill or the Salvation Army.

We have over 40 volunteers working in the Clothing Closet in a month. High school students volunteer during summer vacation. Some students just want to help, and others are earning service hours for various classes or organizations they participate in.

In 2018 we were blessed with donations of many equipment items including racks, sign holders, jewelry display holders and matching hangers. These items help make the Clothing Closet a very pleasant place to shop.

Families from Story and surrounding Counties shop in the Clothing Closet once per month. We served over 1200 family units (consisting of 1 to 10 members) in 2018.



The Wellspring 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 (Modern) @ 5:30 pm

Sundays (Traditional) @ 9:30 am

Wednesdays (Midweek Renewal) @ 6:30 pm

SPLASH Faith Formation • VOYAGER Adult Faith Formation
Coffee Fellowship . . . Sunday after service @ 10:40 a.m.

Church Office Hours

9:00 a.m. - 4:00 p.m. Monday - Thursday

9:00 a.m. - Noon Friday

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NOTE: please contact Lisa Ailshie at 232-6256 or contact@BethesdaAmes.org with requests/comments regarding this newsletter, or to submit an article for the Summer issue (deadline May 1, 2019)

All submissions to Bethesda Lutheran Church's *The Wellspring* newsletter are subject to editing for clarity, space, and content.

Artwork credit for this month's *Wellspring* cover photo:
Photo by Julian Majer from Pexels



Boy Scout Troop 140

~ Tom Brumm Scoutmaster

Bethesda Lutheran Church continues to charter (sponsor) Troop 140 as it has for the past 35 years. However, the troop no longer belongs to the Boy Scouts of America (BSA). The national organization has changed its name to Scouting BSA. Why the change?

As of February 1, 2019, girls aged 11-17 can participate in the same Scouting program previously offered to boys. This decision wasn't made lightly and you may have heard some of the controversy. Scouting BSA responded to the desires of many families for their daughters to participate in the same programs as Boy Scouts. The curriculum and rank requirements are the same for boys and girls. Girls can now attain the rank of Eagle Scout, just like boys. With girls in our Scouting movement, you can see why "Boy Scouts of America" was no longer an appropriate name.

Troop 140 is not, however, going co-ed. Girls who join Scouting BSA belong to a separate all-female troop. A girl troop is now forming in Ames.

Whether you are a boy or girl in Scouting BSA, the aims of Scouting are the same: character development, citizenship training, and mental and physical fitness. These aims are embodied by the Scout Oath ("On my honor...") and the 12 points of the Scout Law ("A Scout is trustworthy, loyal," etc., including "A Scout is Reverent"). <https://www.scouting.org/discover/faq/question10/>

In the past six months, Troop 140 has hiked, canoed, fished, done service projects, played frisbee golf in the snow, attended summer camps, earned numerous merit badges, and camped many nights in tents (including a couple when the temperature was below freezing). Camping every month is an important way to achieve the aims of Scouting.

On Sunday, February 10, we celebrated Scout Sunday at Bethesda. It is a day to recognize the contribution of youth people and adults to Scouting.



Troop 140 Scouts at the State Capitol last October as they completed some requirements for the Citizenship in the Nation merit badge.

Scouts assisted at the 9:30 service – you may have seen them in their uniforms handing out bulletins. Scouts helped at the service to show their appreciation for the support the Bethesda Lutheran Church provides to the church.

The coming year should be another good one for the troop. In addition to regular monthly camping, service activities, merit badges and summer camp, a group of nine Scouts and three adults from the troop will be completing a two-week trek to Philmont Scout Ranch in New Mexico. This trek includes 10 days in the mountains, living out of a backpack and hiking over 60 miles. Philmont is the pinnacle Scouting experience for many Scouts and Scouters.

Thank you to Bethesda Lutheran Church for chartering and supporting Troop 140!



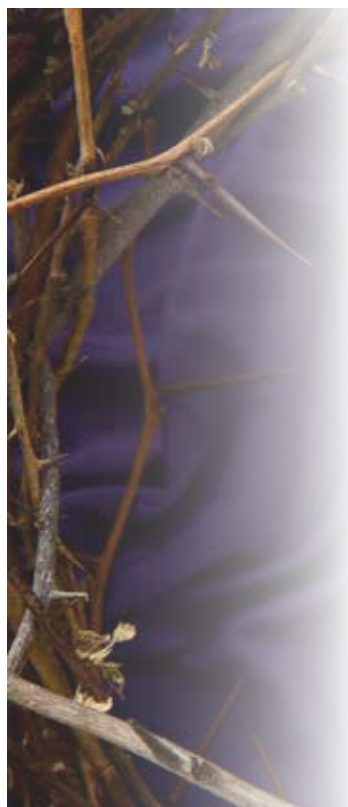
Troop 140 Scouts helping Helen Olsen and the Bethesda Women clean up after the Scandinavian Coffee.

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Experience the Journey of Lent . . .



Tues, Mar. 5 6:30pm
Mardi Gras Beer & Hymns
@ Torrent Brewing Co.

Wed, Mar. 6 6:30pm
Ash Wednesday Worship

Wed, Mar. 13-Apr. 10 . . . 6:30pm
Lenten Worship

Apr. 13/14 5:30pm/9:30am
Palm Weekend

Thurs, Apr. 18 7:00pm
Maundy Thursday Worship
First Communion

Fri, Apr. 19 7:00pm
Good Friday Worship

Sat, Apr. 20 5:30pm
Easter Vigil Worship

Sun Apr. 21 **Easter Sunday**
Worship 8:00am
Brunch 9:00am
Worship 10:00am