

the
Wellspring

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

Published quarterly
Volume 14
Issue 2



SUMMER
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



A Loving Transformation

~ Pastor Ryan Arnold

"Listen, I will tell you a mystery! We will not all die, but we will all be changed, in a moment, in the twinkling of an eye"

~ 1 Corinthians 15:51-52a

Our family dog, Chips died earlier this month. She was 18. Or 126 in those fabled dog years.

For a dog from the Sunshine State, who had braved two bitterly cold Iowan winters she'd adapted to her new digs really, really well.

My wife Kathi told the kids. Five-year old Graham cried. Hannah, now nine, stormed up the stairs, more angry initially, proclaiming "I'll never be happy again!" Truth be told we all cried that day.

As I tucked the kids into bed that night we talked of Chips, our joys, our sorrows. We imagined her now running, carefree, in heaven, reunited with her dog-sister Salsa who passed away a few years prior.

That imagery seemed to comfort them; they're still talking about our two former furry friends lapping it up in the hereafter.

For the burial the next day our family shoveled a small grave in the back yard. Near a large bush birds often gather at to sing.

Kathi suggested today might be a good day to plant a tree. Hannah had been given a sapling at school on Arbor Day. Mom and kids then shifted their focus to the tree, finding a spot for it, digging, and planting.

We then spoke of death, and life. And how both were fully present in the back yard.

Grave now dug I led a small funeral service for our family of four—an occupational hazard if ever there was one.

A prayer spoken, Psalms 23 shared, we each recalled a favorite memory.

Of first meetings. And high jumpings. And dog runnings. And comfy cuddlings. And lamb-bone eatings, not too very long ago.

Earth to earth. My wife placed a shovel of it on the grave.

Ashes to ashes. Hannah placed another shovel atop the first.

Dust to dust. Graham took the trowel and added a bit more.

Kathi joked Chips had been given a Lutheran burial. My mind wandered to Dietrich Bonhoeffer, and his own stories of dogs and the afterlife. She's probably right.

I can't say with certainty our beloved pets will greet us at the pearly gates. But with a God defined by love at the helm of it all, well, don't be too surprised to be met with a familiar bark or a purr.

Graveside service now complete I dismissed the family to depart in peace—as I always do—and was surprised to see the kids stayed put.

They wanted to stay and help put the rest of the dirt on Chips' grave. We took turns moving the earth to its final resting place.

Dirt moved, headstone placed, Kathi and I went inside, embraced, sniffled, and shared a kiss.

The kids asked if they could play outside. We watched as they went to the playset to swing high, high in the air. A playset less than 20 feet from that crazy Toy Fox terrier no longer with us.

It all felt suddenly normal. And right. For this I was thankful.

A *Psychology Today* article from earlier this decade posits there are only five basic fears. All others stem from them. Atop that list is fear of death, or simply ceasing to exist.

And that's too bad, because the circle of life is about as natural as it gets.

When death nears you, or a spouse, or family, or friend, or even a pet, be reminded of the 1 Corinthians text. For we do not die. We are instead transformed.

So fear not. Remember your loving God. Recall your savior Christ, who has won this victory over death through the giving of His own. Feel the breeze of the Holy Spirit, through winds that surround us everywhere we go.

Celebrate the circle of life, and that you are a vital part of it. And then perhaps go plant a tree. Amen.



How Does Our Faith Journey Continue?

~ **Ron Morgan** Council President

After 40 days of Lent, the Holy Week and Easter, now what? How does our faith journey continue?

In John 20:19-31, we find that the fear and lack of hope that consumed the thinking of the disciples after the crucifixion and the experience at the empty tomb. Then Jesus came to them and said, "I'm here just like I said I would be. Put aside your fear. Replace it with my peace." Then Jesus breathed his divine breath upon them and said, "Receive the Holy Spirit and prepare to be sent out into the world. Just as I have been sent, I send you."

The Holy Spirit is alive and well at Bethesda. You can see it in the faces, voices, and actions of our staff and members. Many of our members spend countless hours and energy making Bethesda "Better than the Best" place to worship in Story County. Examples I have seen recently include the energetic Facilities Ministry Team, dedicated Food Pantry volunteers, and the Adult, Children's and Bell Choirs. That spirit showed up more than ever on Easter. I just love the dancing, music, decorations, and especially the Easter message.

Recently the Council received the Room 114 Task Force Report presented by a team that was truly filled with the Spirit of improving Bethesda. You can't help but be moved by their enthusiasm. Team members Rod Kern, Shelly Meinhard, Glenn Crosswait, Tony Woodcock, Norma Ricketts, Kathy Harris, and Pastor Ryan are excited about the possibilities for making that room more usable for a wider variety of Bethesda activities. They see

it as the future "CrossRoads" of Bethesda activities. I am especially excited with layout 3 which would allow the room to be used as a Chapel for a small funeral, wedding, or private baptism. Comments on the report are welcome and encouraged. The Council is working on finding funding for the project with hopes to begin parts of the plan soon.

Another exciting activity will be the Youth Trip to Tanzania this summer. The congregation has been very helpful in providing funding for these students and chaperones for the trip. Thank you! Those going will be forever changed by the experience. They will better understand a different culture and the great importance of doing development work.

The Council has just updated the Bylaws and is deep into revising the Continuing Resolutions to more accurately reflect the current governance of Bethesda. The updated Bylaws will be voted on at our next semiannual meeting on Wednesday, June 19. There are two proposed changes I want to bring to your attention. One regards the Endowment Fund. The Council believes the Fund is not intended as a rainy day fund but is to be used. Therefore, we propose that the Council decide yearly where the money should go based on congregational requests. If no requests are received, the Council can use the interest to pay down our mortgage. The second item is a reduction in the size of the Council from 11 to 9 members by eliminating two At-Large positions.

May the Holy Spirit be with you,
Ron Morgan

SAVE the DATE

Deadline
for the
Report is
May 29

**Semi-Annual
Congregational Meeting
Wednesday, June 19**

Printed
Report
available
June 15

5:30 pm Fellowship Meal
6:30 pm Worship Service
7:00 pm Congregational Meeting

4 Couples + Volunteer Work = 84 Years

~ **Rod Fischer** Food Pantry Communicator

Dick and Darlene Hade, Roy and Pat Hougen, Ken and Annita Kruse and Duane and Joyce Lien shared their experiences as long-term volunteers for the Food Pantry.

The Hades. Dick and Darlene decided to volunteer “because it was a job they could do together,” but they also found time to be involved in other church activities like Wednesday fellowship, serving on church boards and committees and making baptismal doves. In their 10 years volunteering at the pantry they stocked shelves and purchased and hauled food from local grocery stores and the Food Bank in Des Moines. During their tenure, the food pantry saw an increase in the number of families served monthly from 85 to over 200. The Hades felt their time at the pantry was rewarding and “the support of Bethesda was wonderful as we never had to concern ourselves with money problems as we worked to keep the shelves stocked.”

The Hougens. As a past coordinator of volunteer ministries at Bethesda, Roy’s responsibilities included the food pantry. When the Flood of 1993 struck Ames, Roy coordinated the distribution of donated food and other items at our food pantry because the Mid-Iowa Community Action (MICA)—the largest food pantry in the city at the time—was affected by flood waters. When Roy retired from his coordinator position in 2004, he and Pat undertook the overall coordination of Bethesda’s food pantry operations—until 2010. Possibly one of the biggest changes that occurred at the pantry during their leadership was moving from a model where guests received a pre-packaged grocery sack with specific items. Now guests can shop at the food pantry and choose for themselves from canned goods from shelves or canned or frozen meat and other items. The amount of food selected is determined by the size of the family. Pat believes this new system “has helped us respect our guests” who visit the pantry. Roy commented, “I learned that many people were hesitant to use the food pantry, feeling that it was embarrassing, even though they needed it. We tried to help them feel comfortable in accepting what we could offer.”

The Kruses. After retiring in 2005, Ken searched online for volunteer opportunities. After talking with Roy Hougen, Ken began at the food pantry in 2008 and his wife Annita joined the following year. In their decade of volunteering they took on many different roles. No job was too large or too small for them as you could find them stocking shelves, helping with food drives, picking up food donations from the north Ames Walmart, and sending out thank you notes to those who donated money or food to the pantry. The one thing that struck me most of all was the complexity of the entire operation and how smooth it ran with all volunteers, Ken said.

The Liens. In the fall of 2008, Joyce and Duane Lien began volunteering with the food pantry. They took on more responsibilities over eight years including distributing food to pantry guests, placing orders with the Food Bank every two weeks and organizing the Thanksgiving and Christmas

holiday packages. To the Liens, working at the Bethesda Food Pantry was “our way of giving back to the community and those in need.” They said they did not realize that the need for food would be so high in central Iowa. The elderly as well as children and disabled are given a chance to have better meals because of the work done here, the Liens stated.

With 84 years of volunteering, the couples shared stories about the people they met. Darlene Hade remembered being pulled aside at a Sunday worship service to assist a family who needed food after losing everything in a fire the previous day.

The Kruses recalled one woman’s thankfulness for our help because her family consisted of four children and a husband recovering from a serious health issue, plus she had only recently returned to full-time employment after working part-time.

One day, Roy Hougen remembered a couple appeared at the food pantry with a donation of grocery items. The man was a Vietnam veteran who suffered health problems after contact with Agent Orange, a military defoliant during his service overseas. A financial settlement from his exposure resulted in an improvement in their economic situation and they wanted to give back to the food pantry because there was an earlier time when they were recipients of aid from the food pantry.

There are countless other stories, from both church volunteers and the families they serve, over the food pantry’s 36-year history. The Bethesda Food Pantry started in 1983 by making a small supply of food available to people in need. Since then, it has grown to an organization serving over 12,000 individuals a year—with the help of 80-plus volunteers, as they fulfill the mission of demonstrating Jesus’ love for others by providing supplemental food to all who ask.



Ames CROP Walk Organizing Committee distributes \$7,800 to seven local agencies who work to fight hunger in Ames. Pictured here is Dennis Warth for the Bethesda Food Pantry.



TASK FORCE UPDATE: Room #114

~ **Rod Kern** Task Force Leader

During the April 16 Church Council meeting the Room 114 Task Force presented recommendations to make the current library space a more vital part of outreach and fellowship, as well as a more vibrant media center and community gathering space. The Church Council will determine what recommendations to implement.

The presentation included the following:

- The Guidelines given to the Task Force
- A review of the History of the Library
- Room 114 usage survey results and conclusion
- A review of the discussions with Bethesda Youth
- Proposed lighting, ceiling, flooring and door changes for Room 114
- Proposed new furniture and paint ideas for Room 114
- A review of several room layouts and configurations for room 114
- Proposed miscellaneous items for room 114 based on survey results
- Recommendations to utilize the closet space east of room 114
- Proposed new name and graphic for room 114 and the message behind the new name
- Recommended tasks to be completed by the Church/Facility Ministry Team to minimize costs
- Listing of project costs, including possible options and a contingency fund
- List of the attached quotes and copies of the quotes

The Room 114 Task Force was blessed to be selected for this project. Over the last six months, we transformed into a team led by the Holy Spirit, to make recommendations we believe will further fulfill our mission to Gather, Grow, and Go, all in the name of Christ.

Glenn Crosswait
Kathy Harris
Rod Kern
Shelly Meinhard
Norma Ricketts
Tony Woodcock
Pastor Ryan Arnold (Sponsor)



The congregation has had opportunities to stop into Room #114 and view samples of flooring, vote on paint colors and more. The task force has also provided detailed handouts of the process they've gone through, and the goals of the renewed space. If you haven't experienced the special ambience in Room #114 thus far, please stop in! Address any questions to the Team members listed above.

My Walk with Katie

~ **Lynn Anderson** Administrative Specialist

I had the honor and privilege to take Katarina von Bora Luther's hand and walk through her life at Bethesda on Wednesday evening May 8th. I was there to share her great sadness as she turned five-years old. I was there when she lived in her "cell" at the convent. I held my breath as we scrunched in smelly fish barrels. I listened as she read Bible verses to me and sang of His praise. I watched as she grew to serve and learn with other families. I could see how the relationship was growing with a gentleman named Martin, and saw their love grow within themselves and our Lord. I celebrated their marriage June 13—the same date that I was personally married 451



years later. I also was filled with joy as she birthed their children and then later great sorrow as they lost some of them. I enjoyed her singing and praying with me as she worked the gardens and tended their livestock to keep her family fed. My heart was broken as was hers when her Marti passed, as I truly understood her feelings and the loss. But her faith kept her going until a few years later as she took her last breath knowing she was going to heaven and knew how much she loved and trusted her God.

It was truly a very enjoyable walk I had with Katie Luther!



YOUTH and FAMILY



Welcome, Confirmands!

In May the Bethesda congregation celebrated eleven confirmands: Kristin Eggert; Ryan Eggert; David Hinderaker; Reagan Livingston; Julianne Lundvall; Jonathan Mortensen; Ava Reason; Katherine Sargent; Logan Simmons; Brock Snyder; and Noah Widen. Our confirmands have spent the past three years learning about and growing into their faith, making it their own. We pray for them, here at the beginning of their faith journeys . . .



Nursery Coordinator: Maria Lopez

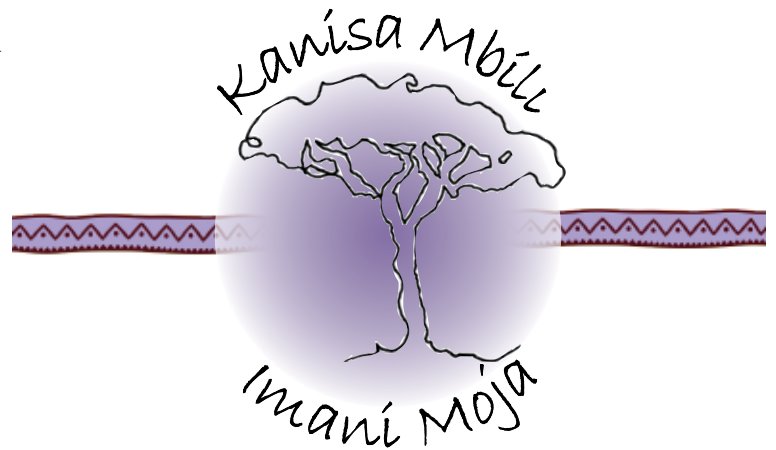
In March, we welcomed our new Nursery Coordinator, Maria Lopez. Maria is a Junior at Iowa State University and is studying Child, Adult and Family Services. She has previous experience working in a nursery setting at First Assembly of God in

Des Moines, and enjoys being around children. Her first impressions of Bethesda are that everyone is so close to each other and have been so welcoming to her. She comes from a large family with her Mother and Father and three siblings. Her mother runs an in-home daycare, so Maria is very comfortable being around groups of children.

Please utilize our nursery and get to know Maria. We are committed to maintaining a staffed nursery and want to invite any age child to use our nursery during our worship services. This is the main purpose for Maria being on our staff and we would like to keep her busy. Thank you for your prayers and support of our Tides & Tots Nursery.

Bethesda & St. Andrews Summer 2019 Tanzania Trip

It's no small undertaking to set a goal to raise \$20,000 with less than a year to do it. But, that's exactly what this great group of people did. We put our heads together and pinpointed some very good events and with the generosity of our congregation, I can confidently say we have met our goal. It took a lot of time, effort, e-mails and jostling of schedules, but every single one of our youth, parents and chaperones (and spouses) rolled up their sleeves and helped to make this a successful effort. Thank you to all the congregation for your financial and prayer support over these past several months. We ask for your continued support and prayers as we send this fantastic group off to Tanzania to visit our sister congregation in Shighatini and for all the adventures that lie ahead of them. We pray for safe travels and that this might open their eyes to so many new ways that God can work through them in this world.



From left: Lori Woodcock, Abby Robinder, 12th grade, Emily Donald, 10th grade, Avery Mosher, 10th grade, Ryan Hinderaker, 10th grade, Pastor Ryan Arnold



Opportunities this Summer for ALL



Bethesda @ Ames on the Halfshell

We had so much fun last year! Bethesda is once again scheduled to partner with the Ames Jaycees for

AMES ON THE HALF SHELL FAMILY NIGHT

Friday, June 14 . . . 5–8 pm . . . Admission . . . \$5

Tokens are \$1 for individual water and sodas. There will be great food available for purchase as well. The live music that evening is **Jake Doty and Hawk McIntyre**. A bounce house and outdoor games will be provided by Bethesda Christian Education and Youth Ministry! This is a fun night for the whole family—come on out and join us! For more info visit www.amesonthehalfshell.com/



Wings of Refuge Phase 1 Training

Wings of Refuge is a Christ-centered restoration program for victims of sex trafficking.

Volunteer training for Wings of Refuge will be held Saturday, June 1, from 8:30 am to 12:30 pm at Harvest Vineyard Church (320 17th St., Ames). The deadline to register at www.wingsofrefuge.net is **May 24**. Questions can be emailed to: info@wingsofrefugeia.net.



SAVE THE DATE !

Wheels are in motion for our participation in the 4th of July Parade downtown. This is one of Ames' largest events of the summer, and a great way to shine in celebration of the country, state and community we call home.

Faith & Art: A Creative Exploration

Professor Michael Bauer of the University of Kansas will lead "Faith and Art: A Creative Exploration," a Worship and Arts Ministry Workshop on **Saturday, June 1, from 10:00 am to Noon** in the Commons. This talk will explore the role of arts ministry in the local church, including music, visual arts, drama, dance, the literary arts, film and human creativity itself. Participants will emerge from the workshop with an enhanced understanding of arts ministry and a proposal detailing how to initiate and develop such a ministry. Need more info or insight? Reach out to Mark Kretsinger-Harries at mkharrises@bethesdaames.org.



Schedule: Summer 2019

Date	Time	Place	Activity
May 29 th , 2019	7-9pm	Bethesda Lutheran Church	Study Break/Church Games
June 5 th , 2019	7-9pm	Ames Dog Park (605 Billy Sunday Rd, Ames, IA 50010)	Puppy Park Playdate: Bring your pups to the park!
June 13 th , 2019	7:30pm- end of show	Actor's Ames Community Theatre (120 Abraham Dr.)	Attend "Curtains" as a group.
June 19 th , 2019	6-9pm	Ada Hayden Park (5205 Grand Ave.)	Bike Ride and Kayaking
June 26 th , 2019	7-9pm	Brookside Park (1325 6th St, Ames, IA 50010)	Picnic Potluck! Play park games, sand volleyball, and eat dinner at a covered shelter.
July 4 th , 2019	10:30am-end of parade	Meet at Bethesda, event in downtown Ames	Participate in the Bethesda Lutheran Church float for the 4 th of July Parade in Ames
July 10 th , 2019	7-9pm	Carroll Marty Disc Golf Course (1500 Gateway Hills Park Dr.)	Play disc golf!
August 10 th , 2019	6-9pm	Meet at Bethesda, event is at Spinning Wheels in Ogden, IA (408 W Division St, Ogden, IA)	Roller skating/rollerblading!
August 14 th , 2019	7pm-12am	Meet at Bethesda, parent carpool to Valle Drive-In in Newton (4074 Hwy F48 W, Newton, IA)	Drive-In Movie Night!
August 21 st , 2019	7-9pm	Dan Hinderaker's home (2409 Welbeck Drive)	End-of-the-summer fire-pit party!



Welcome New Members!



**Dan & Donna
Grooms**



Chris Grosz Family
Chris, Gabriel and Tyson



Friday Karr

Look for our new members' bios and photos on the bulletin board across from Room #114. Thank you to the active New Member ministry team!

Featured in the Iowa State Foundation Winter issue . . .

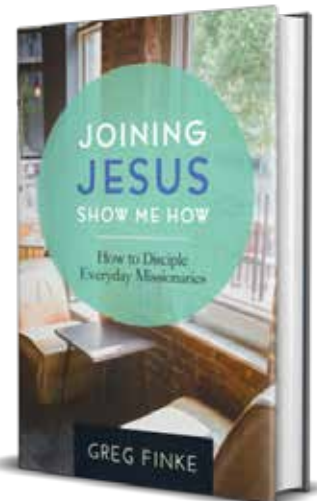


GROOMS NAMED DEAN OF COLLEGE OF VETERINARY MEDICINE

Dan Grooms, left, has been appointed the next Stephen G. Juelsgaard Dean of the College of Veterinary Medicine at Iowa State University. He began his duties in October.

Grooms previously served as professor and chair of the Department of Large Animal Clinical Sciences at Michigan State University. Grooms is an expert in bovine infectious diseases and holds board certification from the American College of Veterinary Microbiologists, with specialty in veterinary virology.

<https://tinyurl.com/y5wrkq7k>



Library Book Recommendation

The sequel to *Joining Jesus on His Mission*, by Greg Finke, featured in a previous *Wellspring*, is now available for check out in your church library under the title: *Joining Jesus—Show Me How: How to Disciple Everyday Missionaries*. After reading both these books, Jesus's words, "Go and make Disciples," will seem a lot more doable!



BETHESDA WOMEN

the Wellspring

Vol 14 Issue 2

Karla Mortenson (Pres.); **Lindsay Peters** (VP); **Gretchen Mosher** (Sec.);
Barb Conis (Treas.); **Carolyn Ahlstrom, Jo Hutchins**



Lenten Soup Supper

A big thank you to all of you who helped cook, set-up, serve, and clean up for the final Soup Supper of Lent. Especially we thank you for the overwhelming response to bringing desserts—we outdid ourselves! Again!

Cluster 1 Gathering

The Spring Cluster 1 Gathering was held Saturday, April 27 at Fjeldberg Lutheran Church, in Huxley.

Lutheran World Relief (LWR)

On that same day, April 27, our quilt and baby kit boxes were delivered to Ankeny to begin their journey through LWR to help those in need. Thank you to all who made quilts, assembled baby kits, packed boxes, and delivered!

Women's Gather Bible Study (aka Circles)



Bethesda Women's Ministries is called to be a ministry to women. One of the many ways we do this is by coming together for the Gather Bible Study. The monthly Bible Study is found in the *Gather* magazine. Extra copies are available on the Women's Ministry Bulletin Board.

An evening "Gather Bible Study" is now meeting the fourth Wednesday, and another choice is the third Tuesday in the morning at Northridge Village Commons.

Former Circles have combined to meet, as usual, on the fourth Thursday of each month. Pray that Gather will strengthen this ministry among more Bethesda women. Invite, encourage, and let the Holy Spirit of Pentecost circulate among us!

Women's Annual Convention

If you would like to represent Bethesda Women as a delegate at the June convention in Keokuk, please contact a board member.

Looking Ahead...

Summer tends to be a quieter time for Bethesda Women. Although, Scandinavian Coffee planning will be underway. There will be a kick-off meeting sometime this summer. And we are hosting the Southeastern Women's Synod's Fall Retreat in October. Fall will be busy as usual! Mark your calendar with the dates below:

Friday-Saturday, June 21-22

.....SEIA WELCA 32nd Annual Convention
First Lutheran Church, Keokuk

Friday-Saturday, October 4-5

.....SEIA WELCA Retreat
Bethesda, Ames

Saturday, Nov. 2Scandinavian Coffee

WOMEN'S GATHER BIBLE STUDY (aka Circles)

3RD TUESDAY . . . 9:30 am
NORTHEDGE VILLAGE COMMONS
3305 Stange Road

4TH WEDNESDAY . . . 7:15 pm
BETHESDA #114

4TH THURSDAY . . . 9:30 am
BETHESDA Conference Room



Bethesda is Hiring!



We currently have two positions in Youth Ministry that we are looking to fill. If you know of anyone that enjoys working with children and has a passion for this ministry, please encourage them to apply.

YOUTH MINISTRY SPECIALIST (Pre-K – 5th Grade)

This position's primary responsibilities are with SPLASH (Sunday faith formation) and any programming for our Pre-K through 5th grades that happens outside of Splash.

YOUTH MINISTRY SPECIALIST (6th – 12th Grade)

This position will primarily work with our confirmation aged youth and high school youth. Confirmation retreats, FLOOD (high school), youth trips and all programming for this age group will be assisted by this position.

We appreciate the congregation's ongoing prayers and support of our Youth and Family Ministry. Please continue to pray for our staff and our volunteers as we endeavor to live out the Gospel in this church and in our lives each and every day.

We are also hiring a **VOLUNTEER COORDINATOR** at 20 hours per week. The Volunteer Coordinator will have responsibility for ensuring Bethesda events and activities are staffed adequately to ensure success. The person in this position will further Bethesda's purpose and vision by identifying gifts and interests within members of our congregation and then encouraging them to enthusiastically participate in volunteer activities.

For all three of these job openings, please visit www.bethesdaames.org/job-openings/ for details and to apply. The openings are also advertised on our Facebook page, and other media outlets. Do you know someone who would be perfect for one of the positions? Send them this way!

Please note that we will **not** be having Wednesday midweek renewal worship on a regular basis this summer. DO stay tuned for the special occasions when we announce a Wednesday evening service! One is planned before the Semi-annual meeting—be sure to attend!

WEDNESDAY, JUNE 19

5:30 pm . . . Fellowship Meal

6:30 pm . . . Worship

7:00 pm . . . Semi-annual Meeting

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

VOYAGERS Adult Forums / 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 Fall issue (deadline August 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 at Ada Hayden Heritage Park by Kevin Kane



Chili Cook-off Recipes

Thanks to the chefs who shared their recipes for you, here.

AND, thanks to **Steve Walsh** who asked us to publish them!

This April Youth Fundraising Event was a blast; thanks to everyone who cooked, ate, and VOTED!

White Chicken Chili

Lori Woodcock

- 1T Vegetable Oil
- 2 tsp ground Cumin
- 1 medium onion chopped
- 1 tsp dried Oregano
- 3 garlic cloves chopped
- 1 (32 oz) box of chicken broth
- 2T jalapeno pepper
- chopped 3 C cooked shredded chicken breast
- 2T green chilis chopped
- 4 cans of white beans
- Sour Cream

- Saute the onion in the vegetable oil until tender. Add garlic, jalapenos, green chilis, cumin and oregano and continue to cook until tender.
- Add broth, chicken breast and 3 cans of the beans
- Puree the last can of beans and add to soup. Simmer for 15 minutes. The heat of the soup can be adjusted by adding or subtracting the jalapenos and green chilis.
- Serve with sour cream or shredded cheese to taste



Crockpot Chili *Karen Nettleton*

- 1 pound ground beef, browned
- 1 can chili beans
- 1 can kidney beans, rinsed
- 1 can Rotel tomatoes
- 1 can petite tomatoes
- 1 can (15 ounces) tomato sauce
- 1 can (8 ounces) tomato sauce
- 1 tablespoon Tastefully Simple Wahoo chili seasoning
- 1/2 teaspoon minced garlic
- 1 1/2 tablespoons cocoa powder
- Water to desired consistency

- Mix all ingredients in the crockpot.
- Heat on low 4-6 hours.

Chipotle Stout INSTANT POT Chili

Bryan Simmons

- 1 tbsp olive oil
- 1/2 large onion (diced)
- 4 cloves garlic (minced)
- 1 lb lean ground beef
- 1 can (28 oz) diced fire-roasted tomatoes
- 1 can (15.5 oz) dark red kidney beans
- 2 chipotle peppers in adobo (diced)
- 12 oz Deschutes Obsidian Stout beer
- 1 tsp adobo sauce from chipotle peppers
- 1 tbsp light brown sugar
- 1 tsp fresh ground black pepper
- 1 tsp smoked paprika
- 1 tsp cumin
- 1 tsp kosher salt

- Add the olive oil to instant pot set to sauté
- Add the onion, sauté until cooked through (4-5 minutes), then add the garlic
- Sauté 1 min; add ground beef; cook through
- Add diced tomatoes, kidney beans, chipotle peppers
- Pour the stout beer over the chili
- Stir together, then add the adobo sauce, brown sugar, black pepper, paprika, cumin and kosher salt
- Stir together, cover, and cook on manual, high pressure, for 30 mins. Depressurize naturally
- Set to sauté and reduce to preference

My 2009 Chili Cook-off Winner

Kent Heikens

- 3 lbs. cut up steak or beef stew
- 2 cans regular chili beans
- 1 can spicy chili beans
- 1 can diced tomatoes
- 1 can tomato sauce
- 1 can (15 oz.) Spicy V8
- 1 large red onion, chopped
- 1 green bell pepper
- 4 large jalapeno peppers
- 2 Tbsp minced garlic
- 1 Tbsp cayenne pepper
- 2 baby leaves
- 1 Tbsp chili powder
- 1 cup beef broth
- 1/3 jar "Tailgater Toby Jalapeno Relish"
- Season meat to taste with "Lawry's" seasoning and salt & pepper while cooking.
- Place meat and meat broth into chili.

Bethesda Lutheran Church
1517 Northwestern Avenue
Ames, Iowa 50010

www.BethesdaAmes.org

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June 24 - 27, 2019 • 1:30 - 5:00 pm

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