

the Wellspring

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

Published quarterly
Volume 15
Issue 1



Spring

2020

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



Filled with the Spirit

~ Pastor Bryan Simmons

"I believe in the Holy Spirit, the holy Christian church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

What does this mean? I believe that I cannot by my own reason or strength believe in Jesus Christ, my Lord, or come to Him; but the Holy Spirit has called me by the Gospel, enlightened me with His gifts, sanctified and kept me in the true faith. In the same way He calls, gathers, enlightens, and sanctifies the whole Christian church on earth, and keeps it with Jesus Christ in the one true faith. In this Christian church He daily and richly forgives all my sins and the sins of all believers. On the Last Day He will raise me and all the dead, and give eternal life to me and all believers in Christ.

This is most certainly true."

~ Third Article of the Creed, Martin Luther's Small Catechism

You've seen the videos. The church service is going on. The singing is getting good from the congregation. And then, all of a sudden, someone stands up from the pew, convulsing, shouting, speaking in tongues! The preacher stops whatever they're doing and looks over, "That one's been filled with the Spirit!" Some view this as sheer nonsense. Some see it as proof that there is a Holy Spirit. But, one thing's for sure, the Holy Spirit is mysterious and fascinating! Is the Spirit a force to be harnessed? Something you can use to your advantage as a faith-filled person of Christ? What exactly is the Holy Spirit and what does it do, anyway?

Luther tackles this question, most notably for Lutherans, in the Small Catechism. However, you won't see references to power or a notion of earning the Spirit if you're faithful enough. For Lutherans, the Holy Spirit isn't so much some fantastical force that will imbue you with power from on high as it is the driving workhorse of the Church on Earth. I love this explanation of the Holy Spirit. I truly do. It doesn't talk about our worthiness to receive the Spirit, but that we can't even believe in any of this stuff without the Spirit's work in the first place! Think about that claim. Your faith is not your own! It is the gift of the Spirit who daily calls you by the Good News of Jesus Christ, enlightens you with the Spirit's gifts (wisdom, understanding, discretion, courage, knowledge, piety, respect for the Lord), makes you holy to do the work of the Church through the Spirit in the true faith, producing the fruits of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control).

The Spirit was at work in you before you were baptized, calling you to faith in Christ Jesus. At your baptism, you received the Holy Spirit, who now guides you from the inside, not only so you can believe, but more importantly so that you might be an instrument of the Spirit so others may come to believe. So, what does the Spirit do? It seems an understatement to say that the Spirit does a lot! But, to be filled with the Spirit doesn't have to be about speaking in tongues or convulsing out of control (though to deny these things attempts to limit the Spirit's power). You, the baptized, are filled with the Spirit and live this seemingly endless cycle of sin, repentance, forgiveness, and evangelism. It is a joyous cycle to be a part of because in it we know we are entrusted to the Spirit's care by the God who has redeemed us from the consequences of sin. It is not power when we are powerful, but power because we are weak. When we are too low from the pressures of this world, the Spirit continues to call us, groaning with sighs too deep for words to express, bearing witness with our spirit, so that we may not lose faith, but grow all the stronger in it.

Yours in Christ,
Pastor Bryan



God is at Work—Here and Now

~ **Joyce O'Donnell** Council President

*Lord Jesus Christ,
Take me away from myself anew this day.
Use me as you will, where you will; and with whom you will;
for I would belong to you and not to myself.
Amen.*

I pray this prayer every day to center myself; to remind myself of why I am here and whose I am. I invite you to try this prayer for yourselves.

On February 1, I became the Congregational President of Bethesda Lutheran Church. When God led me to Bethesda in 1993, I never imagined I would someday lead this congregation. It's not a role I sought for myself. I was content leading the New Member and Hospitality Ministry Team, serving as the Volunteer Coordinator for the Bethesda Community Food Pantry, and being a Council Member-at-Large. But God (and Laura Miller) called me to this new role.

Recently, Laura passed on to me something someone told her, "Bethesda always gets the president it needs at the time." If that is so, then that shows that God is at work here. Now I trust God will help and guide me.

One area I feel God is calling us to address is in being more proactive in welcoming those who have not felt welcome. There are currently several passionate groups in Bethesda formed to address issues related to following the teaching in Matthew 25. Jesus tells us that whenever we feed the hungry, clothe the naked, welcome the stranger, visit the sick or those imprisoned, or, I would add, work for social justice, we are showing kindness to Jesus himself.

Here are the groups that come to mind as I write this letter. I know there are other dedicated and passionate groups who minister to our congregation and to those outside our congregation.

- Bethesda Community Food Pantry
- Ames Sanctuary Interfaith Partners (ASIP)
- Bread for the World
- Reconciling in Christ
- Ongoing opportunities stemming from last fall's "White Fragility" class
- Bethesda Clothing Closet
- FreeIndeed Prison Ministry
- Visitation and Caring Ministry
- Lutheran World Relief (LWR)

These efforts should not be viewed as recruitment tools but as our way of living out our call to be the church, to proclaim the Good News to all God's people. If, through these ministries, even one soul joins our congregation, then Hallelujah! God has come down to dwell among us. God is at work here, and we need to not get in the way.

I am hopeful that we continue to go about the business of proclaiming God's Word and living out God's call for us to be the body of Christ. I am hopeful that Bethesda can be faithful servants in all that we do. I am hopeful that we welcome many more families and individuals into our congregation this year. I am hopeful that we will carry the message to our siblings who need what we have. We are the church!

I hope you will pray for Bethesda, for our pastors and staff, for our leaders and volunteers, and for all of our siblings in Christ. Most of all, I hope you will pray for me. Pray that I have common sense, wisdom, and discernment in abundance as I lead the congregation this year. I'm excited for this coming year. Together we can do great things.

Maya Angelou said, "Listen to yourself and in that quietude you might hear the voice of God." Be still and listen for God's voice calling you. Calling you to service. Calling you to love and kindness. Calling you to remember whose you are.

God's peace and blessings to you all.

Joyce O'Donnell
Council President





Bethesda Leadership 2020

CHURCH COUNCIL MEMBERS		
President	Joyce O'Donnell	jdodonn@icloud.com
President-elect	Tony Woodcock	woodcock_ar@yahoo.com
Past President	Ron Morgan	ronald.morgan.dvm@gmail.com
Treasurer	Andra Reason	andrasreason@gmail.com
Secretary	Gretchen Mosher	gamosher@iastate.edu
Member-at-Large	Sharon Haugen	
Member-at-Large	Jim Stewart	farm.stewart@gmail.com
Member-at-Large	Chris Brakke	amesbrakkes@q.com
Member-at-Large	Rod Fischer	videoguy@iastate.edu
Member-at-Large	Dave Anderson	davedanderson@mchsi.com
Lead Pastor	Bryan Simmons	bsimmons@bethesdaames.org
Associate Pastor	Ryan Arnold	rarnold@bethesdaames.org
BOARD CHAIRS		
Administration & Finance	Denny Howell	dchowell82@msn.com
Christian Education & Youth	Eric Weber	eric.weber@adm.com
Christian Service, Mission & Outreach	Cheyenne Steward	cheyenne.steward@gmail.com
Congregational Life & Care	Jolene Frette	j.frette@mchsi.com
Stewardship	Mike Purcell	mpurcell@friedrich-realty.com
Worship, Music & Arts	Priscilla Franken	adcinc@mchsi.com
BETHESDA WOMEN'S BOARD MEMBERS		
President	Karla Mortensen	
Vice President	Lindsay Peters	
Secretary	Gretchen Mosher	
Treasurer	Barb Conis	
Member-at-Large	Carolyn Ahlstrom	
Member-at-Large	Jo Hutchins	

The Worship, Music & Arts Board will have met on Feb 10th by the time you receive this magazine.

As new Chair I look forward to working with committee liaisons, coordinators, church staff and terrific volunteers in the coming months.

Sara Nelson we are grateful for your six years of dutiful attention to all things worship, music and arts connected. Thank you for preparing me with emails and minutes from previous meetings to aid in my transition to this position.

Priscilla Franken, Chair WMA



Christian Education @ Bethesda

~ **Sonja Gerstenberger** Pastoral Intern

We have a number of exciting **new events** coming up in **Christian Education** for people of **ALL ages!**

Coins for Clothes Offering

If a child in Shighatini does not have the requisite uniform, they cannot go to school. This year, our Bethesda Sunday School offering initiative will be going to our friends in Shighatini to buy School Uniforms. A portion of the offering will also be used locally to purchase socks/



underwear for the Bethesda Clothing Closet. **So far we have received \$413.00!** So keep bringing in your change every week, because it **DOES** add up, and it **DOES** make a difference. We also

welcome any donations from the congregation. Join us in the Coins for Clothes initiative.

Compassion Sunday

May 17, 10:45 am . . . in the Commons

Grab donut holes and coffee or juice, find a table, and join us for a morning of learning and service! ***This is a Cross-Generational event***, which means it is an event for ALL ages. Families attend together, and table groupings will work together. We will dig into some scripture to consider how our action is an outgrowth of our faith and then engage in a service project. Stay tuned to the bulletin and *Living Current* for more details about the Service Project. Hope to see you there!

VBS is becoming Bethesda Fine Arts Camp

WHO: ALL Ages—PreK, Elementary, Middle School, High School, Parents, Marrieds, Singles, and Seniors

WHEN: Wednesday nights in July (1, 8, 15, 22, 29), 5:30-8:30 pm

WHERE: Bethesda Lutheran Church Commons

WHAT: Arts Camp uses music and song, visual art and media, drama and storytelling, and movement and game to enter into Bible study.



This is an outgrowth of the Fine Arts Survey done earlier this year in addition to a desire to approach VBS from a family-centered, cross-generational perspective. For the five Wednesdays in July we will gather for dinner and an opening at 5:30 p.m. Then, we will journey through a rotation to explore our God-given gifts through story, visual arts, music and movement as we grow together in faith. This is an opportunity for ALL Ages: PreK, elementary, Middle School, High School, Parents, Marrieds, Singles, and Seniors are ALL invited to come and join in the learning and fun.

Fine Arts Camp will be held Wednesdays—July 1, 8, 15, 22, 29 from 5:30-8:30 pm. Registration will open at www.bethesdaames.org on February 26. We have 50 spots available, so register soon!



Bethesda People

Friendship Force Trip to Georgia and Ukraine in October 2019 Includes Several Bethesda Members

Twelve Friendship Force members (ambassadors) from Central Iowa, Ohio, Oklahoma, Wisconsin, and Canada returned Oct. 29 from two weeks of home stays; the first week was spent with host families in the capital city of Kiev and the second week with hosts in Georgia's capital, Tbilisi. Friendship Force International (FFI) is a nonprofit cultural organization focused on promoting understanding and cultural education through home stay journeys and personal friendships.

The FF of Greater Kiev and FF of Georgia planned activities and excursions for the ambassadors. Activities were varied and included a Horse Archery Festival, Open Air Museum, Turkish Bath, visit to schools and an orphanage, Philharmonic Symphony Concert, Orthodox Churches, an ancient sandstone Cave Town plus many other sights and experiences. Journey coordinators were Diane Oppedal and Ann Hein; Jerry & Alta Byg also traveled.



friendship force
INTERNATIONAL



**Virgil S.
Lagomarcino
Laureate Award**

by the College of Human Sciences

Larry H. Ebbers

**BS '62, M.S. '68 Agricultural Education
Ph.D. Education '71
Ames, Iowa**

Larry H. Ebbers has had a profound effect on higher education across Iowa over his 50- year career. He has supported countless students and programs in order to help people flourish in their educational pursuits.

Ebbers has been engaged and passionate about improving opportunities for minorities and women in community college leadership. In 1989, he established the Leadership Institute for a New Century to improve leadership opportunities for minorities and women in community colleges and the Community College Leadership Initiative Consortium to provide leadership development for upper-level community college administrators. In 2016, the Iowa Association of Community College Trustees bestowed their Honorary Trustee Award to Ebbers and renamed the award in his honor. It is now called the Larry H. Ebbers Award. ←

You can find the rest of this article at <https://tinyurl.com/sb7zbbo>



Dear Lord, As we approach this season of Lent, may we find time to rest, reflect, pause, meditate. Give us the strength to know which activities are essential for our soul, and which ones may just be keeping us busy. As we gather as the Women of Bethesda, please help us to bond together and encourage and support each other in all our efforts. Amen.

Lenten Soup Supper

Bethesda Women will be serving soup on Ash Wednesday, February 26. We will be making our famous chili, served with cornbread, and an assortment of cookies and bars.

Getting Together this Spring!

Saturday, March 28 – Save the date on your calendar! We will be getting together Saturday morning for a fun and informative discussion with our Intern Pastor Sonja. Let's get to know her better during her time at Bethesda! Exact details and times will be announced soon. ALL Women are Welcome!

Benevolent Funding

Thanks to all who helped make Scandinavian Coffee successful again this past year. We were able to give over \$5,000 in Benevolent Funding.

2019 Benevolent Funding	
Ames Children's Choir	\$250
Bethesda/Days for Girls	\$500
Bethesda/tables	\$342
Bethesda/TZ Medical	\$500
Bethesda/TZ Ministry	\$395
Bethesda/Youth Triennial	\$350
Boy Scout Troop 140	\$500
Emergency Residence	\$750
Good Neighbor	\$1,000
LSI/Beloit Garden	\$300
MOPS	\$900
TOTAL	\$5,787

Mitten Tree

Thank You to Ann Hein and Kathy Harris for all their energy over the past few years organizing and delivering the mittens, hats, and scarves to LSI Beloit. At this time, LSI is not in need of more of this type of item, so we will not be continuing this activity. If the needs change in the future, we will reconsider. Thank you to everyone who faithfully donated items to this worthy cause!

GATHER Circle Bible Study

The Gather Circle meets on the 4th Thursday. The Bible Study is from *Gather* Magazine; extra copies are available on the Women's Ministry Bulletin Board.

4th Wednesday @ 7:15 pm Crossroads (#114)
February 25
March 25
April 22

4th Thursday @ 9:30 am Conference Room
February 26
March 26
April 23

Beyond Bethesda

- **Sat, Apr 25 Cluster 1 Gathering**
 - Palestine Lutheran Church, Huxley
 - Cluster 1 is a group of eleven Lutheran churches who get together twice a year

■ **Fri-Sat, June 26-27 SEIA SWO 33rd Annual Convention**

- The Hotel at Kirkwood College, Cedar Rapids
- SEIA SWO = Southeast Iowa Synodical Women's Organization
- This is one of three Women's Synods in Iowa

■ **Th-Sun, July 16-19 – Women of the ELCA Triennial**

- Phoenix, AZ
- This is for EVERYBODY in the USA! Lots of Lutheran women, getting together every three years. Tons of energy at this one!

Bethesda Women's Board

The Board meets monthly on the 4th Tuesday of the month, at 6:30 pm, in Room 207. All women are welcome to attend.

Please view the Board representation on page 4, with other Council, Board, and Ministry Team rosters.



March 2020, LSI Bulletin/Newsletter Article and Story

March is National Professional Social Workers Month

March is National Professional Social Workers Month, a time to recognize social workers and thank them for all they do. At Lutheran Services in Iowa (LSI), we're grateful for the many social workers who have dedicated their lives to serving our communities across the state!

Maybe you've never had a social worker involved in your life. Yet, whether you realize it or not, you've had the benefit of their behind-the-scenes work in your community. Social workers help people help themselves in overcoming life's most difficult circumstances or managing challenges of everyday living: poverty, abuse, mental illness, depression, addiction, disability, and many other situations.

Iowa wouldn't be the same without the patience, guidance, and empowerment that social workers provide. Happy National Professional Social Work Month!

Our Mission: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service. LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at www.LSIowa.org and www.facebook.com/LSI.iowa.

Caring for Christopher

When Christopher struggled with crippling anxiety at a young age, his mom, Cheyenne, didn't know where to turn. Even going on a simple trip to the grocery store was almost impossible. She knew something needed to change.

That change came in the form of LSI's Behavioral Health Intervention Services. Each week, Christopher's BHIS worker, Jose, visited the family in their home or met with them at the local library. He brought activities to engage Christopher and help him develop the coping skills he needed to feel better when he left the house. And at the same time, he provided words of encouragement and helpful parenting tips Cheyenne could use to help her child.

Christopher recently celebrated his seventh birthday, and his confidence continues to grow. He feels more comfortable going out in public. He has graduated out of LSI services, and he recently made a new friend all on his own.

Cheyenne feels confident that even on the tough days, she has the knowledge she needs to help her child thrive, thanks to Jose.

"LSI gave us the tools we needed to help him succeed, and the reassurance that we were doing the right thing, even when it was hard," she says.



New **CrossGen Worship** Service

A Lenten series . . . Sundays @ 11 am

In the spirit of *all things being made new*, during the season of Lent, **Bethesda is** embarking on an experiment of sorts; we're **adding a new, limited-time only Sunday service!** For *six straight Sundays* we're piloting a new worship format, unlike anything you've experienced to date.

The name may sound a bit funky, I mean what exactly is CrossGen worship? It's:



Eclectic music

Interactive chats

Hands-on Activities

Scripture, prayer, and blessing too



Also rather unique, this worship format features one more novelty—no sermon! Instead, scriptural connections will be baked into everything we do over our 45 minutes together, from beginning to end, with you able to participate in it all.

Because this format blends aspects of both our **Voyagers adult forum and Splash Sunday school**, *for these six Sundays only*, both groups are **on hiatus during Lent**. But no worries, they'll be back after Easter, same time, same channel 😊

Instead, we encourage everyone to try out this new format:

What: CrossGen Worship

When: Sundays, March 1 – April 5
11:00am – 11:45am

Where: the Sanctuary

Who: Children, youth, parents, grandparents, adults, aka YOU!

At the conclusion of this experiment, as any good researcher would do, *we'll gather your feedback*; what resonates, what doesn't, what could be tweaked to make the worship experience really soar. Our hypothesis? **You just might like it.**

Come, join Pastors Bryan, Ryan and Sonja, alongside Worship Director Mark Kretsinger-Harries, for something completely different, and find out!



Library Updates in the Crossroads

~ Jan Gray

Pastor Bryan has donated and autographed a copy of his newly published *Ninety-Five Reflections: Martin Luther's 95 Theses Yesterday and Today* book for our church library. There will be a reservation form if it is already checked out. We will call you as soon as the book is available again. Special thanks to Pastor Bryan for his gift.



Periodicals are in racks behind the information center, including "The Christian Century," "Sojourners," and "Gather" magazines. "Ranger Rick" is available for the children.



Library Check-out station

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

1517 Northwestern Avenue • Ames, IA 50010-5299 • 515.232.6256
contact@BethesdaAmes.org
www.BethesdaAmes.org

WORSHIP SCHEDULE

Saturdays (Modern) @ 5:30 pm

Sundays (Traditional) @ 9:30 am

Sundays (Cross-Gen) @ 11:00 am

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

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

Lead Pastor Bryan Simmons
bsimmons@BethesdaAmes.org

Carillon Choir Director
Nick Kaizer
kaizertrumpet@gmail.com

Associate Pastor Ryan Arnold
rarnold@BethesdaAmes.org

Communications Manager
Lisa Ailshie
lailshie@BethesdaAmes.org

Pastoral Intern
Sonja Gerstenberger
sgerstenberger@BethesdaAmes.org

Administrative Specialist
Lynn Anderson
ljanderson@BethesdaAmes.org

Volunteer Coordinator
Miriam Chadima
mchadima@BethesdaAmes.org

Accounting Manager
Clifford McDonald
cmcdonald@BethesdaAmes.org

Youth Ministries Specialist
 (6-12th Grade)
Lindsay Peters
lpeters@BethesdaAmes.org

Bookkeeper
Cathy Wright
cwright@BethesdaAmes.org

Director of Music and Worship
Mark Harries-Kretsinger
mkharrises@BethesdaAmes.org

Database Coordinator
Linda Fevold
lfevold@BethesdaAmes.org

Lead Organist
Mary Nelson
mnelson@BethesdaAmes.org

Assistant Custodian
Curtis Malone

Saturday Worship Coordinator
Ed Kaizer
kaizerjazz@gmail.com

NOTE: please contact Lisa Ailshie at 232-6256 or contact@BethesdaAmes.org with requests/comments regarding this magazine, or to submit an article for the Summer issue (deadline April 30, 2020)

All submissions to Bethesda Lutheran Church's *The Wellspring* magazine are subject to editing for clarity, space, and content.
 Artwork credit for this month's *Wellspring* cover photo:
 Shutterstock #668307886



Coming in 2020

~ Glenn & Mary Kappelmann

We are beginning to plan for a visit to Bethesda from two of our former health scholarship recipients. They are Godlisten Msuya who attended Clinical Officer Training (Physician's Assistant) from 2006-2009 and Yess Msuya who received training for a Diploma in Health Laboratory Science from 2011-2014.

Following graduation, Godlisten worked at the Shighatini Health Center as a Physicians Assistant for seven years. He is now completing his fourth year in medical school.



Yess Msuya

Yess has been in charge of the Lab at the Shighatini Health Center since he completed his training.

These two young men have the respect of those who work with them and we think it would be a real blessing for us if they are able to come to Ames for a visit.

It is a long and difficult process for them to obtain passports and visas, but we will assist and support them in any way we can. You will be kept informed of their progress in this area as the weeks and months go by.

If you are interested in helping in any of the following ways (see below), please contact Glenn & Mary Kappelmann at 515-232-6305, or glennmary68@hotmail.com.

- Planning for their visit
- Taking them to lunch
- Arranging a visit to your place of work (especially if it is the health field)
- Letting them have fun with your teenagers
- Providing transportation
- Offering overnight hosting
- Etcetera!



Godlisten Msuya



Day of Service @ Green Hills
Jan. 20
9am-1pm



Bread for the World

Monday, Feb. 17 @ 4:30 pm (Crossroads)

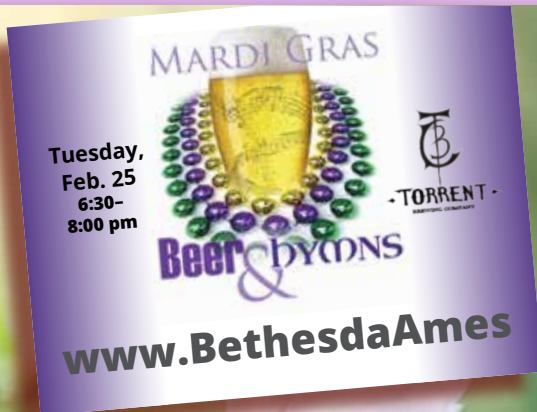
We will evaluate the **Racial Wealth Gap Learning Simulation** pilot held in the Commons on January 27. For discussion, bring your completed evaluation if you have not already turned it in to Pastor Ryan. The main issue is planning the next simulation to be held for a wider audience in Bethesda. Please come, especially if you participated in the pilot simulation. We want your feedback. Any questions? Contact Glenda Eggerling at eggerling4577@msn.com or 515-975-2886.



Bethesda Lutheran Church
1517 Northwestern Avenue
Ames, Iowa 50010

www.BethesdaAmes.org

Non-Profit Org.
U.S. Postage
PAID
AMES, IOWA
Permit No. 137



WORSHIP

WEDNESDAY 6:30pm
Midweek renewal

SATURDAY 5:30pm
Modern

SUNDAY
Traditional 9:30am
Cross-Gen 11:00am

All are welcome to
the church of the living water

Tues, Feb. 25 6:30pm

Mardi Gras Beer & Hymns

@ Torrent Brewing Co.

Wed, Feb. 26 6:30pm

Ash Wednesday Worship

Wed, Mar. 4-Apr. 1 6:30pm

Lenten Worship

Sat, Apr. 4 10:00-11:30am

Community Easter Egg Hunt

Apr. 4/5 5:30pm/9:30am

Palm Weekend

Thurs, Apr. 9

Living Last Supper (Seder Meal) 5:15pm

Maundy Thursday Worship 7:00pm

First Communion

Fri, Apr. 10 7:00pm

Good Friday Worship

Sat, Apr. 11 5:30pm

Easter Vigil Worship

Sun Apr. 12 **Easter Sunday**

Worship 8:00am

Brunch 9:00am

Worship 10:00am