



# NEWSLETTER



St. John's by the Campus  
Episcopal Parish and Student Center  
December 2022

## Advent: I am Enough, and Together We are More than Enough

Just as much as the season reminds us to be vigilant to the subtle signs of Christ's light as we once again anticipate and revel in the remarkability of Christ's birth and his return in the Second Coming, Advent is also about preparation for impactful giving – giving back to ourselves as well as to our communities. It's about recognizing where there is potential for energy renewal and restoration in our lives, in a world where we are often asked to operate on overdrive. Renewal and sustainability go hand in hand; to use our giving-energy sustainably means employing our awareness to our fullness as individuals first. In doing so, we can identify our actual capacities to give.

The theme for this year is *more than enough*. It is difficult in today's world to look for evidence of renewal and rebirth among very real threats of scarcity, depletion, and other forms of *not enough-ness*. For many of us, it can be especially hard to find enough-ness within our own bodies. The Advent season provides a context for this search because even in the darkest of hours, hopefulness for the future can be cultivated and energized anew when we pay close attention to our needs and the needs of our community.

We are all exhausted and overwhelmed by this year's own set of yet more unprecedented circumstances. But I am constantly and lovingly reminded by one of my dearest friends that our boundaries are bountiful. To give more than what we have, to exist in of a state of depletion, does not yield a sense of *more than enough*. The miracle, however, is that if each of us can identify and act upon the bounds and limitations of how much we can give, we can show up better for ourselves and those around us, authentically and less harmfully. If we give from a place of our embodied fullness, we are honoring our full humanity. We can then sustainably grow our capacity to give back to ourselves, as well as our communities and the land that we occupy.

This is what sustainable stewardship means to me: Giving from a place of our *personal definition of plenty*. Whatever that plentifulness may look like from person to person, is bountiful. And in this way, together we can be more than enough to do the collective healing work that needs to be done. |

TENS.org



### Questions For Reflection:

This Advent season is a beautiful time to turn our attention inwards and renew our commitments to tangible, impactful giving. What spiritual preparations and mindsets are necessary for you to practice sustainable giving and receiving, even beyond this season? What values and boundaries will you lovingly recommit to as you prepare for the year ahead?

*Elise Mills, TENS' Staff Writer, is a recent graduate, writer, and musician from San Francisco. She looks forward to taking afternoon naps with her cat. She is a member at Holy Innocents' San Francisco.*

**Parish Office**

St. John's by the Campus  
 Episcopal Parish and Student Center  
 2338 Lincoln Way, Ames, IA 50014

**Clergy**

The Rev. Mary Jane Oakland, Assisting Priest

**Parish Assistants**

Rachel Thevenot, Church Admin/Bookkeeper  
 David Moore, Chaplain  
 Dr. Miriam Zach, Music Director/Organist  
 Jane Galyon, Newsletter Editor  
 Cristine Mincheff, Stewardship/Verger

**Vestry 2022**

Sr. Warden: John Joiner  
 Jr. Warden: Corey Mellies  
 Clerk: Diane Rioux  
 Elizabeth Charbonnet, Brenda Freeman,  
 Diane Gillott, Debbie Haywood,  
 Leigh Ann Long, Cristine Mincheff,  
 Treasurer: Joan Aiton

**How to Communicate**

St. John's Office: (515) 292-6655

Office: [church@stjohns-ames.org](mailto:church@stjohns-ames.org)

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St. John's Website: [www.stjohns-ames.org](http://www.stjohns-ames.org)

Diocese of Iowa: [www.iowaepiscopal.org](http://www.iowaepiscopal.org)

**December 2022 Newsletter****Vol 28, Num 11**

This Newsletter is published monthly except in July by the Episcopal Parish of Ames, a non-profit organization, 2338 Lincoln Way, Ames, Iowa 50014. Comments or inquiries may be sent to the church office. The deadline for the next Newsletter is Tuesday, December 27. Please submit articles via email to

[church@stjohns-ames.org](mailto:church@stjohns-ames.org) or

[jgalyon@iastate.edu](mailto:jgalyon@iastate.edu).

**December Birthdays**

- 1 Gretchen Montgomery
- 3 Derek Port
- 6 Nicola Bowler
- 7 Abigail Levis, Nyle Nims
- 8 Coralie Lashbrook
- 11 Harold Martin
- 13 Gene Warren
- 14 Andrew Fowler
- 16 John Even, Elizabeth Jiles, and Beth Skluzacek
- 19 Wendy Ware
- 22 Sam Keenan
- 26 Anita Nichols, Jane Zaring
- 28 Jennie Bloom
- 29 John Shierholz
- 30 Terry Adams

**December Anniversaries**

- 22 Greta Muller Levis & John Levis
- 28 Wanda & Doug McCay

**Bishop's Visitation**

Bishop Monnot will be visiting St. John's on Sunday, December 4. She will preside during both services with Confirmation during the 10 a.m. service. Following the 10 a.m. service, there will be a special coffee hour for parishioners to spend time with the Bishop.

**Holiday Giving Tree**

St. John's has teamed up with YSS to be a part of their Holiday Giving program! Help provide hope and opportunity to youth this holiday season by participating. Look for the Holiday Giving Tree set up in the Gathering Area at St. John's. Take a tag from the tree, purchase the requested gift, and return the gift and tag to this location by January 1. There is a donation box in the office where these gifts can be dropped off.

**Christmas Eve Readers**

Readers are needed at both the 5 pm and 9 pm Christmas Eve Services. If you are interested in reading one of the lessons during one of these services, please contact Rachel in the office at [church@stjohns-ames.org](mailto:church@stjohns-ames.org).

## **Christmas Dinner**

On Christmas Day, the Freeman Family will be hosting a dinner at St. John's. We will be aiming to eat around 2 pm. The Freeman's will furnish the meat and mashed potatoes. No need to bring anything, but if you would like to share your favorite holiday side dish or dessert, that would be great. We are planning a day of fun, food, and fellowship for any and all.

## **Annual Parish Meeting – January 29, 2023**

The Annual Parish Meeting has been set for Sunday, January 29, 2023, after the 10 am service. The meeting will be held in the St. John's Parish Hall. If you have a report to submit for the Annual Meeting, please turn it in to Rachel at [church@stjohns-ames.org](mailto:church@stjohns-ames.org).

Annual Meeting Reports are due by January 9, 2022.

## **Altar Guild**

St. John's Altar Guild's Annual meeting was held the rainy morning of Saturday, November 5th, 2022. Sixteen members gathered around the fire in the library - our first face to face meeting since the pandemic began in 2020. We visited over coffee and treats for the first 15 minutes of the meeting after which Rev Mary Jane Oakland offered a prayer before our business meeting began.

*Browyn Frame*



## **St. John's Flowers**

If you are interested in donating flowers for the Altar in honor of a special date or person, please sign up on the sheet on the long table in the Parish Hall. The instructions for donating are printed and available there as well.

Poinsettias have been ordered for the Advent season. If you would like to donate to the Poinsettia Fund, please write a check to St. John's and designate the funds to go "to the Poinsettias" in the memo area. The Poinsettias will arrive on December 18 and will be used until Epiphany Sunday.

Thank you very much for supporting the St. John's flower fund.

*Diane Rioux, Flower Coordinator*

*[DiRio02@msn.com](mailto:DiRio02@msn.com). 515 450 3311*

## **Adult Forum**

Good Neighbor Emergency Assistance Program will share about their program during Adult Forum on December 11.

Adult forum will resume in January 2023.

## **Choir Scholarships**

Scholarships are provided to members of the St. John's Singers who are pursuing higher education. You can help improve our choir and provide for our students by donating to the Choir Scholarship Fund. A \$500 scholarship could help a student with one semester of classes, but any donation helps! If you would like to donate to the Choir Scholarship Fund, you can write a check to St. John's, and include "Choir Scholarship" in the memo. Please contact the office with questions.

## **Bible Study**

Bible Study meets every Wednesday at 10:30 a.m. We are a small group, and our numbers vary. We would like very much to have new persons joining our bible study group! If you have any questions, please contact me!

*Sarah Terrones*

*Bible Study Coordinator*

*515-290-6931*

### **Online Parish Services**

You can join us live in-person or online for our Sunday Services at 10 am! Services are livestreamed on our YouTube channel and service leaflets are included in the email we send out beforehand and in the YouTube video description box. The link below will take you to our channel.

[youtube.com/@stjohnsbythecampus](https://www.youtube.com/@stjohnsbythecampus)

**After the service, you can join us (in person now) for Coffee Hour at St. John's!**

### **Food at First**

The Food at First program continues to serve a free meal every day at the First Christian Church, 611 Clark. As always, everyone is welcome, and no questions are asked. They typically served over 100 meals every day.

- Sun, Mon, Tue, Wed, Thu, Fri Meals are served from 5:45 pm – 6:15 pm
  - Saturday meal served from 11:30 am-12:15 pm
- The Free Market program distributes food three times a week:

- Monday and Thursday 4:30 – 5:30 PM
- Saturday 10 – 11 AM

It takes an army of volunteers and support from the community to provide this critical ministry to the Ames community every day. For more information or to volunteer, go to

<https://foodatfirst.wordpress.com/>

or check out the latest post at

<https://www.facebook.com/FoodAtFirst>

## October 2022 Minutes of the Vestry Meeting

**Present:** John Joiner (Sr Warden), Diane Rioux (Clerk), Joan Aiton (Treasurer), Brenda Freeman, Leigh Ann Long, Debbie Haywood, Diane Gillott, David Moore, Cristine Mincheff, The Rev. Mary Jane Oakland

Minutes of the September 21, 2022, meeting were approved.  
Financial Report for September 2022 was accepted.

**Priest in Charge Update:** Vestry broke into Private Session to respect privacy of those involved.

### **New Business:**

**Confirmands and Convention:** St. John's will reimburse Lilly Mellies \$100 for confirmation training off-site. Lilly Mellies will be confirmed at Convention, a celebration will be in December.

**December 4<sup>th</sup> will be Bishops Monnot's confirmation Sunday visit** at St John's. One confirmand will be confirmed on December 4<sup>th</sup>, a reception will follow.

**Fellowship/ Hospitality Budget Request Increase:** Request to increase Hospitality Budget from \$600 per year to \$100 per month. Increase in cost of coffee, sweets, and paper products caused request. Vestry approved increase of \$100 per month for rest of 2022 fiscal year and will present to Finance Committee for 2023 budget an allowance of \$1200-\$1500 per year.

**Snow Removal:** Snow Removal service cost increased to a monthly rate rather than a service rate. Current company is Keith Cooper and Sons. Vestry approved remaining with Cooper and Sons at \$765 a month for 7 months.

**Garbage Service:** Garbage rates increased with Aspen Waste Systems. After extensive research and comparing prices and local services, Vestry approved remaining with Aspen at approximately \$70.00 per month, plus fees and taxes.

**Baby Bump and Beyond Play Pen Donation Bin:** Vestry approved Donation Bin for 1 month for Baby Bump supplies at St John's. Baby Bump and Beyond is the YSS non-profit that uses St. John's Attic space.

**Christmas Services:** There will be two services offered, 5pm and 9pm on December 24<sup>th</sup>. No services will be offered at St. John's on Sunday, December 25<sup>th</sup>.

**All Saints Day, November 6<sup>th</sup>:** Photos of those who have passed will be welcomed along the East window ledge. Photos of members and non-members are welcomed to be included.

### **Old Business:**

Vestry Sunday Schedule is complete, and all dates have been filled.

Audio/Video system installation has been completed.

Training to use the system will be at 8 am on Friday, October 21. All interested in being trained to use the system can inquire in the office.

**Sr. Warden Report:** A request for reimbursement was made for an item that was not a preapproved purchase and was not included in a line-item budget. This reimbursement request, and future ones like this, will not be approved or reimbursed. For reimbursement, the purchase needs to fall under previously approved spending.

Meeting adjourned at 8:27 pm with prayer.

Submitted by Diane Rioux, Clerk

Edited by Rachel Thevenot, Office Administrator/Bookkeeper