



NEWSLETTER



St. John's by the Campus
Episcopal Parish and Student Center
May 2023

Honoring the Sabbath

As we prepare for summer break, my imagination rests in a time I spent eating strange food, meeting new people, and praying with strangers. I was in suburban Atlanta several years ago learning about different world religions. We went to The Temple, a historic Jewish synagogue. We also took in visits to different Hindu temples, a Buddhist prayer meeting, and Friday prayers at the oldest Mosque in Atlanta.

It was an eye-opening weekend but the image that stuck out to me happened *outside* of a house of worship. It was a neighborhood. At the center of the neighborhood was a synagogue for those practicing Orthodox Judaism. On the Sabbath, sundown Friday evening to sundown Saturday evening, folks from the neighborhood would walk to worship. In the Orthodox faith, there are very strict rules for what one can and cannot do on the Sabbath. As my professor drove us through the neighborhood, we saw wires strung in a strange fashion from power poles. They didn't look like power lines, they were different. After inquiring, our professor said those wires marked how far one could walk to the synagogue on the Sabbath. If one lived beyond the wires, one was too far away to lawfully walk to the synagogue on the Sabbath.

While this concept may seem fickle to our ears there is wisdom in it. This was a neighborhood and a faith that took the Sabbath seriously. These sons and daughters of Abraham put care into supporting the whole community honoring the Sabbath. Not only did individuals make the effort to obey this law, but the whole neighborhood was formed by the practice.

Americans work harder than any other nation in the world. We work longer hours each day and week while we use less vacation days per year. Technology makes it possible for us to check emails and work almost all the time. It is possible for us to work all the time. And while work can be good and joyful, God always calls us to put limits on even the best of things.

We need only look at the creation story in Genesis to see why limiting our work is a spiritual discipline. God spent the first six days of the week creating the stars, the planets, the swimming and creeping things, and human beings. On the seventh day, the God of all energy, creativity, and power rested. Who are we fragile humans to think that we should not follow God's example?

We should not be surprised that honoring the Sabbath, like any other instance we try to emulate God's example, is hard. The work never stops. Someone always needs us. There is always a "good" reason to work and break our commitment to taking a day of rest. And yet, we

are called to set good boundaries. Just as God separated the day from the night, the ocean from the dryland, so are we called to separate the work week from the Sabbath with maximum contrast.

If, dear reader, you can better honor the Sabbath you will find a few benefits. While it may seem counter intuitive, we are more productive when we rest well. While it may appear like you have too much to going on and cannot afford to take a break, in reality, being disciplined in leisure can actually help you do more! Rest keeps us our best.

But while work and accomplishing goals is important, keeping the Sabbath reminds us that these are always secondary points of existence. The Sabbath is a time to put your life into perspective. While working (even for the church!) is important and good, ultimately, we need to remember that love for God and neighbor is at the core of our existence. If we work our way apart from this reality, we will find ourselves in trouble. The Sabbath is made for us so that we can stay grounded in love.

Honoring the Sabbath also helps stay grateful. It's easy amid work to keep our heads down and not notice our progress, accomplishments, and all the help that has gotten us where we are. Like God on the seventh day of creation, we need to take time to look back on our lives with gratitude. We need to take time to notice and appreciate all the work and creativity that happens independently from our efforts. Maybe we won't feel so much pressure to shortchange ourselves rest time when we realize how much God, our fellow humans and all of creation does without our help.

We are all called to forming this holy habit. Like any spiritual discipline, one may benefit from starting small and slowly building. If I were to give you a place to start, try praying compline on Saturday nights. Compline is found on page 127 in the Book of Common Prayer. Take your time. Breath between each verse of the psalms. Inhale gratitude and exhale peace. Count your blessings in the space designated for prayers of intercession. Make a goal of doing that every Saturday night for month. See how your perspective on the world changes from before and after this month of Sabbath keeping. I will be praying for you!

I will leave you with the words of the Prayer Book. The following is the collect said on Saturdays in Morning Prayer. May it bless your efforts to keep a holy Sabbath.

Almighty God, who after the creation of the world rested from all your works and sanctified a day of rest for all your creatures: Grant that we, putting away all earthly anxieties, may be duly prepared for the service of your sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to your people in heaven; through Jesus Christ our Lord. *Amen.*

In the Peace of Christ,
Tom+

Parish Office

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

Clergy

The Rev. Tom Early, Priest-in-Charge
The Rev. Mary Jane Oakland, Assisting Priest

Parish Assistants

Rachel Thevenot, Church Admin/Bookkeeper
David Moore, Chaplain
Dr. Miriam Zach, Music Director/Organist
Joan Aiton, Treasurer
Jane Galyon, Newsletter Editor

Vestry 2023

Elizabeth Charbonnet, Brenda Freeman,
Diane Gillott, Debbie Haywood,
Leigh Ann Long, Amy Mellies,
Cristine Mincheff, Tim Muggli,
Marlene Strathe

May 2023 Newsletter Vol 29, Num 5

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, May 23.

Please submit articles via email to
church@stjohns-ames.org or
jgalyon@iastate.edu.

Senior Send-Off May 7

At the 10 am service on Sunday, May 7, St. John's will be celebrating our graduates! Whether you are graduating from high school or college, please let David Moore (davidmoore@stjohns-ames.org) know so we can celebrate it. Please message him your name, major, plans after graduating (if any), and anything else you want him to say during the senior send-off. Cake and goodie bags will be provided for the seniors after the service. Please join us!

How to Communicate

St. John's Office: (515) 292-6655
Office: church@stjohns-ames.org
Fr. Tom Early: tom@stjohns-ames.org
Dr. Miriam Zach: miriamzach@gmail.com
Chaplain, David Moore:
davidmoore@stjohns-ames.org
St. John's Website: www.stjohns-ames.org
Diocese of Iowa: www.iowaepiscopal.org

May Birthdays

1 Sebastian Marr, Emily McCay
2 Steven Peterson
7 John Levis
16 Sandra Deppe
20 Mary Ellen Hurt, Chris Moon
26 Corey Mellies
27 Laurel Hanson
29 Dot Prater
31 Grant Nutini

May Anniversaries

13 Mercedes Read McCay & Rich
20 Jen & Peter Matthews
25 Brenda & Jud Freeman

Recent Deaths in the Parish

March 30, 2023 Marie Anderson
April 15, 2023 Jane Zaring

Sunday Morning Church Opening Time

The time that the church doors unlock on Sunday morning has changed from 7 am to 7:15 am. Those arriving at church early will not be able to enter the building until 7:15 am on Sundays. We appreciate your understanding!

Adult Forum

Adult Forum continues to explore each week's Gospel lessons of the Easter season through May 14th. Come join us in the church library starting at 9:10 to 9:45 each Sunday. Hearing and discussing the Sunday gospel expands our understanding and deepens our knowledge of the Gospels.

Kathleen Sallee

Jottings from the Junior Warden

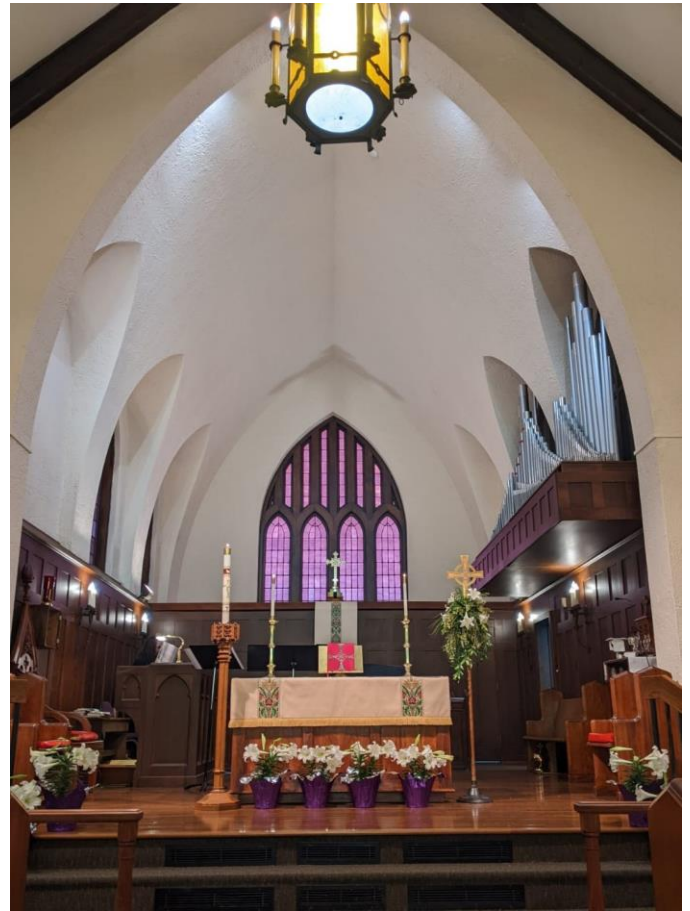
During the month of May, the fence surrounding the Aspen trash receptacle will be replaced as well as placement of a new garden shed on a cement foundation slab. This should eliminate the decay of the shed wood floor and serve as a more secure location for our garden tools and supplies. It was determined that replacement of the shed was a better long term investment than replacing the floor of the current shed and patching the holes in the roof.

Also, during May it is hoped the lighting changes in the sanctuary can be completed. The bulbs needed to replace those in the current canister fixtures are no longer available, and the limited number that could be identified to purchase were very expensive. LED bulbs have been ordered and will replace all of the current bulbs. A new dimmer switch that is compatible with LED bulbs will be installed. A few exit signs also need to be installed. Work continues on identifying options for either fixing or replacing the parish hall lights as well as the exterior lighting of the church.

Joanna Muggli has identified a new dishwasher which, if purchased, would replace the current one which has been determined to no longer be able to be fixed. Installation options are being pursued as well as seeking bids for the replacement of the kitchen flooring which is curling at some of the edges and poses a falling hazard. If you would be interested in contributing toward the purchase of the dishwasher and/or the updating of the flooring, please contact Joanna who can give you more specific information on the proposed purchase.

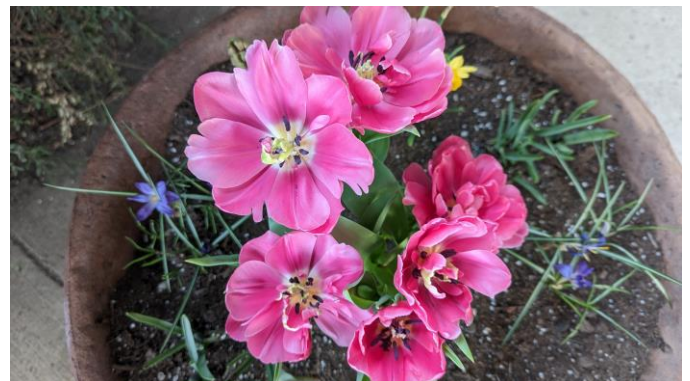
With the help of Steve Prater, work continues on identifying those furnaces/air conditioners which are next on the list for needed replacement. It is hoped installation efforts might be accomplished during the summer months when there is less activity in church.

Again, as I have mentioned before, if you have facility issues/concerns or projects that you believe should be addressed, please do not hesitate to contact me. 970-227-7970 or drstrathe@gmail.com
Marlene Strathe



Thank you to all who helped adorn our Lord's altar on Easter Sunday:

- Helen McRoberts for providing Evert's beautifully arranged greenery for the processional cross.
- Diane and Nancy who made the lily run on Easter Saturday (*sanctuary photo credit to Emily M*).
- The Abbotts for the spring blossoms that decorate our south entrance this spring!





Spring has Arrived!

During April, St. John's Grounds Crew has been busy purchasing and laying mulch in the northwest bed (thank you Ed and Steve), starting-up the water feature in the Memorial Garden, trimming the boxwood hedge behind the south entrance bench and cutting back hedges overhanging the sidewalk along the west bed on Stanton Ave.

The rhododendrons on either side of St. John's front door are in fully bloom (April 20) including a new replacement rhodo planted last spring. And finally, many of the perennials we planted together at last October's parish- picnic- and- planting gathering are peeking through the soil including hostas, lily of the valley and sedum.

Happy Spring!

The St. John's Garden and Grounds crew



Easter Lilies

Thank you to the following for donating to the Flower Fund to provide Easter Lilies for Easter Sunday: Paul and Marilyn Gennett, Debbie Haywood, The Martin Family, Jan Payer, Bronwyn Frame, Effie Lingren, Nancy Port, Marlene Strathe. The lilies were beautiful this year. They were purchased from Salama Greenhouse in Boone and were enjoyed by all who attended Easter service online and in person.

Diane Rioux

St. John's Flower Coordinator

Altar Flowers

Please consider donating flowers to adorn the altar for our Sunday services. This can be in memory of or in honor of a special person or occasion. These can be purchased or can even be shared from a blooming garden. There is a sign-up sheet in the Parish Hall or feel free to contact Diane Rioux.

Diane Rioux

St Johns Flower Coordinator

515 450 3311 / DiRio02@msn.com

Bible Study

Bible Study meets every Wednesday at 10:30 a.m. We are currently studying **Listening to God** from the LifeGuide study series. We have just started it, so feel free to join us! We will meet through May 31 and resume again on September 13!

Enjoy your summer!

Sarah Terrones, Bible Study Coordinator

Sterrones817@aol.com | (515) 290-6931

EfM seminar at St. John's

What is EfM? “Education for Ministry (EfM) invites participants into small, mentored groups that provide the framework for understanding life and shaping actions as Christian faith is deepened. EfM seminar groups meet in local settings and online and provide a four-year curriculum that develops a theologically informed, reflective, and articulate laity.” This is not a class just for those seeking ordination. Every baptized person is called to ministry. The EfM program is administered by the School of Theology in Sewanee, Tennessee, and the tuition is \$330. Since its inception in 1975, more than 100,000 people have participated in this vital program. EfM groups meet regionally in nearly every diocese of The Episcopal Church, in six provinces of the Anglican Communion, and some in virtual classrooms with participants from across the globe.

There are 10 participants currently in the class at St. John's led by Rev. Diana Wright. This is an online class using the zoom platform that meets on Sundays at 6:30 pm for 90 minutes. Classes begin with a review of the reading for that week, followed by some form of a theological reflection. The 36-week course meets every week from September through May. The best way to learn more about EfM is to talk to an EfM graduate or visit with one of the current students. **Five of our current students will complete the course and graduate on May 25! Please congratulate our 4th year students from St. John's: Brenda Freeman, Greta Muller Levis, Kathleen Sallee and Wendy Ware.**

Registration for the 2023-24 class will be available this summer. Check out the EfM website or contact Ed Gillott for more information.

1st year students: John Levis and Josiah Sutton

3rd year students: Diana Walsh, Mary Jo Pfeifer Wulf, Scott Thomson

4th year students: Brenda Freeman, Greta Muller Levis, Kathleen Sallee, Wendy Ware, and Kimberly Patterson

Mentors: Rev Diana Wright and Ed Gillott

Submitted by Ed Gillott

What is going on around the Diocese of Iowa?

Check out the updates at the new and improved Diocese of Iowa website: www.iowaepiscopal.org. Includes a link to the monthly e-newsletter.

Music News

Nolan Brown (St. John's former Cantor-baritone) has accepted a contract to perform the role of Guglielmo in Mozart's *Così fan tutte* with Texas' budding new opera company, Opera Arlington. Performances have been slated for May 12 and 13. Since January 2023 Nolan has been teaching voice at the University of North Texas in Denton where he completed his master's degree in Vocal Performance in 2022.



Food at First

The Food at First program recently celebrated its 20th birthday. From its humble beginnings in 2003 serving one meal a week at the First United Methodist Church, Food at First is now a multi-dimensional feeding and food distribution program that serves a free meal every day at the First Christian Church, 611 Clark. Everyone is welcome and no questions are asked. They typically serve 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

Volunteers are needed more than ever to collect food from local restaurants and markets and prepare meals for distribution. It takes an army of dedicated volunteers and support from the community to provide this critical ministry to the Ames community every day. For more info or to volunteer, go to <https://foodatfirst.wordpress.com/> or check out the latest post at <https://www.facebook.com/FoodAtFirst>



**EPIC Summer Camp (4th – 12th grade)
Christian Conference Center, Newton
June 26 – 30**

SCAN QR CODE
TO REGISTER



Join youth from around the diocese as we learn about Jesus: The Person, The Myth, The Legend. Jesus was a person and sometimes we forget that. Our theme for EPIC focuses on the human being Jesus was. What did Jesus feel? How was his mental health? Did he deal with the same body aches I do? Come learn about Jesus and have fun doing typical "camp" things: Singing, roasting marshmallows, swimming, hiking, doing crafts and building community in a safe, welcoming environment where you can be 100% you. We have trained and caring staff who will walk alongside our youth and be there for them, whatever they need.

WHO: All youth entering grades 4-12 (not limited to Episcopalians!)

WHEN: June 26-30, 2023

WHERE: Christian Conference Center, Newton, IA

HOW MUCH: \$375 per camper. Scholarships are always available!

Camp check-in is Monday, June 26 from 3-5 p.m., and pickup will be between 12-1 p.m. on Friday, June 30. Scholarships are always available and you can fill out the request form at the link below:
https://docs.google.com/forms/d/e/1FAIpQLSd8SKXQ_8_zL3p1BNSv4d4arOltf8OSKeDXYxrsKO3l8LXJNg/viewform.

**The Minutes of the Vestry Meeting
St. John's by the Campus
March 22, 2023**

The meeting was called to order at 6:34 pm with a prayer from St. Augustin's prayerbook.

Present: Fr. Tom Early (Priest-in-Charge), Amy Mellies (Sr. Warden), Marlene Strathe (Jr. Warden), Leigh Ann Long (Clerk), Elizabeth Charbonnet, Brenda Freeman, Diane Gillott, Debbie Haywood, Cristine Mincheff

Minutes of the Vestry Meeting on February 15, 2023 were approved.
The February and March Financial Reports will be presented in April.

New Business:

- 1) To Review: Pension Worksheet – In Arrears R. Thevenot – Due to a change in the way lay pension benefits were administered at the diocesan level, contributions to Rachel's pension from the parish were not transferred from 2019-2021. The amounts in arrears were distributed to the vestry for review.
- 2) 2023 Goal Setting Follow Up:
 - a. Stakeholder Meetings for Youth Ministry and Campus/Young Adult Ministry: The goal for each of these meetings is to identify our current population in both groups, listen and learn about what gifts we have in and for each of these groups, discern what God is calling us to do, and decide what our next steps are – specifically in planning for programming for Fall 2023. Vestry members were asked to identify and invite people to attend the appropriate meetings. Discussion questions will be distributed in advance.
 - i. Youth Ministry Stakeholders (youth 0-18 years, parents, teachers, and others) April 18th, 6 pm. A light supper and nursery care will be provided.
 - ii. Campus/Young Adult Ministry Stakeholders (college/university students, young adults 18-35, and others) April 25th, 6 pm. A light supper will be provided.
 - b. Stewardship: Brainstorm targets for the Stewardship Committee. Potential members were identified to invite to join the Stewardship committee. Plans for setting a defined Stewardship Season during the fall, and creating a narrative budget in addition to the standard budget were discussed.
- 3) RAGBRAI Plans (July 25-26): Judd Freeman has been looking into what we would need to do to put on a fundraiser (permits/licensing). Discussion also occurred around whether we would invite bicyclists associated with other parishes in the Diocese to camp overnight in the church on the lower level of the education wing.

Old Business:

- 1) Opening Nursery: Discussion about how to staff, and rate of pay.
- 2) Phone and Internet: Debbie spoke with Lumen. We have 3 different phone listings and 2 separate phone lines. Further discussion with Lumen is on hold until Joan has returned from being ill.
- 3) Credit Card Use Policies: Template has been borrowed from Nevada School District. User agreement will need to be signed by each card holder. May set up a single purchasing card to be checked out by users for approved purchases – must sign a user agreement and return card to the office when not in use.

Reports:

- 1) Priest-in-Charge: Fr. Tom reported on his 4 areas of focus.
 - a. Pastor – has made it to all the care centers housing parishioners, made pastoral care visits, and met with the service streaming volunteers.
 - b. Priest – plans for Holy Week worship are set.

- c. Teacher – taught one young adult how to read the Daily Office. Has checked in with the Sunday Forum group but is letting them run their own show. Planning on setting up an “Inquirers” class in the fall for new members, with plans for formal reception by the Bishop in 2024.
 - d. Councils of the Church – Attending Companions in Ministry meetings and Chrism Mass at the Cathedral in Des Moines the Monday of Holy Week; here Bishop Monnot will bless the Chrism used in baptisms at churches within the Diocese. Is also serving on the Gilead grant committee. Diane Gillott asked if there may be funds available for us to start up Youth Ministries. Will be attending EPIC summer camp.
- 2) Jr. Warden:
- a. ELECTRICAL/LIGHTING:
 - i. Walk Throughs with NAI and Nelson Electric for Estimates – Nelson Electric Selected
 - ii. Short Term (Florescent, Spots, Emergency Lights) – Work to Begin 3.23.23, 7 am
 - iii. Long Term (Sanctuary, Outside, Parish Hall) – Time and Materials
 - b. OUTSIDE ISSUES:
 - i. Aspen Waste Management Contacted: Dumpster Replaced with Front Load, Split Lid
 - ii. Two Handymen contacted for Bids on Dumpster Fence and Storage Floor Replacement
 - c. KITCHEN:
 - i. Requested Joanna Muggli identify needed dishwasher/sanitizer replacement item/cost
 - ii. Will request bids on kitchen floor replacement to be done at time of dishwasher/sanitizer replacement
 - iii. Joanna has indicated the stove is fine and does not need replacement
 - iv. Several parish members have indicated an interest in contributing to the kitchen needs
 - d. OTHER ITEMS:
 - i. Exploring costs of a new bicycle rack, water heater, and vacuum
 - ii. Working with Brenda to consider new snow removal bids
 - iii. Initiating contact with Block 1 regarding snow removal and lot repair – met with them on 3/20/23.
 - iv. Contacted Doug McCay to discuss approaches to replenishing the long-term maintenance fund. Marlene is meeting with him on 3/31/23. Discussions about how much should be withdrawn from the Endowment Fund to support the general budget and the long-term maintenance fund. Do we need a targeted capital campaign for long-term maintenance items?
 - v. Working with grounds committee to identify best prices for Cyprus mulch for Spring grounds clean up. There is a veterans’ discount through Lowes we can take advantage of. Delivery of mulch to occur on 3/27/23.
- 3) Parking Lot Committee:
- a. Several lot renters are not moving their cars as agreed upon on Sundays. Was this because snow removal was late?
 - b. Timeframe for re-registering rental agreements.
 - c. Discussion about next year’s football games and fundraising – ISU is hosting the Iowa/ISU game this year, and this will be a popular day for parking.
- 4) Other:
- a. Joint Chapter Meeting will be on Zoom, April 1 at 10 am.
 - b. Need to revisit Bishop Monnot’s visit regarding invite/welcome/connect and our posters/signage. Look into setting up a committee for this.

The meeting was adjourned at 8:17 PM with a prayer by Fr. Tom.

Draft Submitted by Leigh Ann Long, Clerk; Edited by Rachel Thevenot (Church Administrator)