

November 2009

Vol. 28

Issue 11

The

Communicator

Connecting People



**Stand Up and Raise
Your Head p. 4**

Collegiate United Methodist Church and Wesley Foundation



Picture Page:

Apple Pies, Mission Store, & Forum

Top: Janet Stephenson and Jane Jacobson preparing Apple pie crusts for our annual Apple sale to benefit mission trips.



Middle: Children participate in the Mission Store by purchasing items to make kits (such as school supplies and layette kits). Kits collected are sent to the conference wide

Thanksgiving Ingathering. From there, the kits will be distributed to places of need in the United States and in Nigeria.



Bottom: The Forum Class hosted all nine candidates for this year's City Council elections.



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For more information please visit our website:

cwames.org

Bulletin and Weekly Email Announcements Deadline

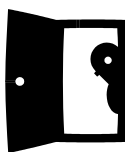
9:00 a.m. Wednesdays

Send Bulletin submissions to

natalie@cwames.org

Send Weekly Email submissions to

wil@cwames.org



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About *The Communicator*

The Communicator is a monthly publication of Collegiate United Methodist Church and Wesley Foundation. The goal of *The Communicator* is to inform and involve people in the life and work of the church.

The Communicator is compiled and produced by Wil Ranney, the Coordinator of Discipleship, Technology, and Communications. It is reviewed by members of the church staff, and printed and distributed by the office staff and a team of dedicated office volunteers.

The deadline for *The Communicator* is the first Wednesday of every month.

For your convenience, *The Communicator* has its own email address: communicator@cwames.org. This is the preferred method for submissions to *The Communicator*.

Cover: Families planted 350 spring bulbs in the courtyard as part of 350.org, a global effort to raise awareness about climate change. We hope the blooms will remind us to love and care for the earth.

Stand Up and Raise Your Head

By Rev. Scott Grotewold

Being a Baby Boomer, one of my earliest memories of elementary school was when my whole class periodically went through a safety drill known as “Duck and Cover.”

In those days of the Cold War, when Americans feared a missile attack from the Soviet Union, teachers would instruct students on what to do in the event of a nuclear war. As I understood it, everyone in my school and at most schools across the country was practicing the technique. If the air-raid sirens ever went off, we were all to immediately duck down under our desks, pull our knees up to our chins and cover our heads with our hands. There was even a movie depicting students getting into the proper position, accompanied by a catchy musical jingle so that we would never forget.

Today, of course, this advice seems absurd. My sons used to laugh when I told them about the drill. If nuclear war ever were to burst forth upon the earth, a school desk would provide scant protection. I think America’s schools

recognized that fact after a few years, because by the time I was in my later elementary years, we had stopped conducting duck-and-cover drills. They were pointless and only served to increase everyone’s anxiety level.

In the 21st chapter of Luke, Jesus spoke of fearsome times in his day – the prospect of Jerusalem and the Temple being destroyed. He named signs that would suggest that such a time was near: earthquakes, famines, plagues, raging tides. Then he said a remarkable thing: *Now, when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.* (v.28, NRSV)



What was that? Jesus' advice to his disciples is just the opposite of duck and cover. Rather than advising them to hunker down in hard times and hope for the best, he instructs them to "Stand up and raise your heads." That sounds counterintuitive, doesn't it? Who in their right minds would think of raising their heads when the fury of Judgment Day is raging all around?

A follower of Christ, that's who! Jesus said that his followers were those who believe God's promises and know them to be true. Life has things to be feared, no doubt about it. If we weren't concerned about didn't fear the scenarios of illness, poverty, pain, suffering and all the rest, we'd be considered foolish. Yet Jesus is sharing good news here. He's telling his disciples that their faith allows them to stand tallest and provide a message of trust and assurance when the rest of the world has no way of responding to the fear.

The news around Ames has not been good lately. The earthquakes, famines, and raging tides are happening elsewhere; can H1N1 be considered a plague? But there are other signs around us: Pension plans are suffering. Budgets are being cut. Jobs are being lost. The COLA is 0%. Health insurance rates continue to climb. As bad as things are, the case can be made that we're just at the front edge of feeling the effects. It's

enough to make a lot of people duck and cover, curling up into a self-protective ball – if not freaking out at imagining the worst case scenario.

Yet, Jesus' message of good news is meant for our day, too. He tells us that our fears ultimately are nothing, when laid up against the plans God has for this world. Now, who in their right minds will believe him and raise their heads when the eschatological anxiety machine starts its world-rocking noise?

The people of Collegiate/Wesley, that's who! We are called to approach life and whatever is coming with faith rather than fear. The fig tree parable (Luke 21:29-33) reminds us to be looking for the signs of God's reign and Jesus' eternal truth instead of focusing on the daily stress-producing news of calamity and disaster. When we identify and name the fears, anxieties and distractions at work in the world around us, we can begin to offer others hope and help them through, toward a journey with Christ. Otherwise, what do we have to share that's different from those outside the faith? "Be alert," says Jesus, and help others do the same. Make them wonder if you know something they don't.

Because, after all, you do!



Ames Ecumenical Housing

By **Ted MacDonald**

Ted is our newly appointed board member to Ames Ecumenical Housing

Back in the mid-1970s, a group of Ames churches decided to explore the possibility of providing housing for older adults with low income. Collegiate United Methodist Church and Wesley Foundation was one of those founding churches. The Reverend Roy Key of the Christian Church (Disciples of Christ) was a guiding figure in this action. This organization became known as Ames Ecumenical Housing.

The founding churches each provided a member to a board of directors for this new organization along with \$10,000 for construction. The National Benevolent Association (NBA), affiliated with the Christian Church (Disciples of Christ), was asked to assist the group in its effort to obtain federal assistance through the Department of Housing and Urban Development (HUD). Through this collaboration, NBA became the sponsoring organization (managing agent) for Ames Ecumenical Housing.

Ames Ecumenical Housing became a non-profit organization in 1982, so it was now officially Ames Ecumenical Housing,

Inc. A loan from HUD was approved in 1982 as well, allowing construction of the sought-after housing. The Keystone apartments, located in north Ames, were opened in 1984 with 40 one-bedroom apartments, 15 studio apartments, and one two-bedroom apartment.

Based on the need seen in the Ames community, a second non-profit organization, called Stonehaven of Ames, Inc. was formed in 1990. The same board and local management team served both organizations. Again under NBA sponsorship, another HUD loan was obtained and the Stovehaven apartments in south Ames were opened in 1992. Stonehaven has 54 one bedroom apartments.

NBA filed for bankruptcy in 2004 and gave up their role as the sponsor for both Ames Ecumenical Housing and Stonehaven of Ames. With HUD approval, both organizations became self managed in 2008. In August 2009, Stonehaven of Ames, Inc. was dissolved and both units were merged under Ames Ecumenical Housing as a public benefit organization. This was done to streamline management and accounting issues.

Currently, Ames Ecumenical Housing has fifteen churches that are eligible to be represented on the board of directors. Two community/at-large members can serve on the board as well. Not all

churches provide representatives but there has been a recent effort to encourage those churches to become active on the board once again. There is a four person management team, and Brad Snodgrass, the manager, was recently designated the HUD manager of the year for the state.

Ames Ecumenical Housing, Inc. operates under Section 202 of the National Housing Act, meaning it is designed to provide housing to very low-income elderly persons as well as mobility-impaired persons. Elderly means 62 years of age or older. Income limits are set by HUD and are based in part on median incomes in the area. Low-income households earn 80% or less of the area median income, while very low-income households earn 50% or less of the area median income.

Update From Project Home Mission

For several years now Collegiate/Wesley has sponsored one family, and co-sponsored another family, through Project Home Mission (PHM). PHM is a collaboration between MICA (Mid-Iowa Community Action) and local area churches and businesses. Every quarter we get an update as to how our families are doing. The following are highlights from those reports (note that the names have been changed to protect the anonymity of the families).

Mother Tracy with children Kyle and Brittany

They have an annual income of \$16,535. Tracey has just finalized her divorce. She continues to work full time. Tracy was able to work with section 8 housing to reduce her rent to match her single parent income. Recently, the kids were able to get eye exams, and Tracy's daughter Brittany was able to get surgery to put tubes in her ears; though Tracy isn't convinced that Brittany's hearing has improved. Brittany started Pre-K and Kyle started 2nd grade this fall.

Father Matt with children Cale and Cody

This family has an annual income of \$5,112. Matt is hoping to receive gastric bypass surgery, he recently received new eye glasses, and he continues to work on his physical and mental health. Matt is currently working with FaDSS (Family Development and Self Sufficiency) to connect to community resources and receive family counseling. Matt is concerned about the progress of one of his sons in school and faces an upcoming disability hearing.

These reports were submitted by PHM directory Laurie Gaudy and collected by our PMH liaison, Natalie Rekemeyer. This report was written by Wil Ranney, acting Chairperson for Sending to Serve



Blurbs

Communicator Assembly Help Needed

Additional volunteers are needed to help tape and put labels on Communicators. If interested in helping from time to time, please contact Mary Jean Baker at 296-0481 or bakerae@aol.com.

Advent Celebration Workshop

The Advent Celebration Workshop will be held Sunday, December 6th from 2-4 p.m. in Wesley Hall. The theme will be "Hearts Come Home at Christmas." All ages are welcome. Parents please plan to come and help your children create "masterpieces" that will truly be treasured for a lifetime! There will be many craft activities for the young or the young at heart. A featured craft center will once again be led by Kil'n Time. One craft item per person will be free at this center and each additional craft item will cost \$5.00. Cookie decorating, story time, and refreshments will also be included.

All-Church Thanksgiving Dinner

Join us for the All-Church Thanksgiving Dinner on Thursday, November 19th, 6:15 p.m. in Wesley Hall. Share this meaningful time with your church family. Turkey, dressing, gravy, potatoes, and beverages will be furnished. Please bring two side dishes to share — vegetable, salad or dessert and table service: students are encouraged to attend and bring rolls. A free-will offering will be received to cover expenses.

Sharing Thankfully

All faiths are encouraged to attend the Interfaith Thanksgiving Eve Service hosted by United Church of Christ Congregational, 217 6th St, Ames, on Wednesday, November 25 at 7 p.m. Donations will be divided between Food at First and CROP. Sponsored by Ames Interfaith Council.

NAMI Award

Collegiate United Methodist Church and Wesley Foundation – and especially the Annex Team – has been recognized by the National Alliance on Mental Illness (NAMI) of Central Iowa with their 2009 Outstanding Partner Award. The presentation was made at NAMI's October meeting on October 27 at the Ames Public Library. The information accompanying the award reads, in part, "NAMI Central Iowa would like to recognize the contributions of CUMC to our organization and the Ames community on behalf of persons with mental illness. We appreciate the reasonable rent that allows us to have an office in the annex, as well as the ability to use Room 202 for group meetings. We are also very thankful for the space provided for the NAMI Connection Support Groups. The church has made them feel so welcome! We are deeply grateful for all the church does."

Special thanks were given to Bill Cook, Bruce Munson, and Don Loupee for their efforts on behalf of the Annex Team. This is one more example of the ways in which CUMC/WF and the Annex have reached out to be supportive of community ministries.

VIM Trip to Philippines

Volunteers in Mission (VIM) trip to the Philippines is scheduled from February 23 to March 8, 2010. The team will be working with the Baguio Episcopal Area in the Northern Philippines Annual Conference. The VIM project site is Asbury College, a United Methodist college in the town of Anda, the province of Pangasinan.

The VIM team will rebuild and rehabilitate classrooms and administration offices destroyed by recent typhoons. Work will include painting, clean-up and re-roofing. In addition there will be a medical-dental mission for a day in the community. The trip will also include exposure visits to United Methodist related mission sites and church related institutions in Manila.

The cost of the mission trip is \$2100 inclusive of roundtrip airfare from Chicago, food/accommodations, ground transportation and donation for the project expense. Contact Bev Kruempel (292-5029 or kruempel@msn.com) for more information.

Heartland Senior Services Community Trivia Night

Heartland's Senior Services' next Community Trivia Night is scheduled for Friday, Nov. 20th. Doors open at 6:00 p.m. and questions begin at 6:20 p.m. at North Grand Christian dome, Ames (919 30th St. - behind Wal-Mart) Cash prizes to top 3 teams– door prizes too!

Bring your own drink & snacks for your team. This is a smoke-free, alcohol-free activity. \$10 per player (5 player min., 8 player max.). Fee is tax deductible, no spectators please. Hint: Intergenerational teams are an advantage!

Form your team & reserve a table today! Contact Marilyn at 233-2906 or MJohnson@hsservicesia.com Proceeds to Heartland Senior Services of Story County. For further info: www.HeartlandSeniorServices.com

Curious about CUMC/WF Finances?

A one-page financial summary of the CUMC/WF budget income and expenditures is produced monthly and is available in the church office.

Hanging of the Greens

The Hanging of the Greens will happen after the 11 a.m. service on Nov. 22. Bring an ingredient to help make “stone soup” to eat before we decorate. Contact Amanda at aheeren@iastate.edu if there are any questions.

Save the Date

The Manger Gift Service will be held on Dec. 13 at 7:00 p.m. Any children and youth from 2 years - high school interested in participating please contact Tammy Hockley. Also, needed are adult helpers for working with the children and costuming. Contact Tammy at tammy@cwames.org if you are interested in participating or helping with the service.



A Word About Flu Season, Holy Communion, and Passing the Peace

The high profile of the H1N1 outbreak has provoked more public concern about contact with people in public settings. In worship, these concerns primarily exist around the weekly practice of greeting one another and the monthly ritual of Holy Communion.

Please know that your church's pastors want to be responsive to parishioner concerns about the spread of germs. At the same time, the suspension of Communion and/or greeting one another does not benefit community.

God calls us together to be the body of Christ around Word and Table, and we can do

so with confidence that we will taste and see the goodness of God. We want everyone to be aware of and heed these steps:

1) Preventative measures come first. If you think you might be contagious – or have a sore throat, fever or other flu symptoms – please stay home from worship that day. (Remember, if you have to miss worship, our worship services can be downloaded from the church website.)

2) We prepare Holy Communion in a manner consistent with the best epidemiological information available. Persons handling the bread have used

antibacterial cleanser immediately before the sacrament. (Theologically and hygienically, having one server at each station is better than partakers tearing their own piece.) The bread is intended to be broken and served in such a way as to keep a person's fingers from touching the juice in the cup.

3) The most likely form of transmission is by skin-to-skin contact. Our traditional time of greeting one another or passing the peace carries this risk. (More than one



have suggested that hugging is more skin-to-clothing than skin-to-skin, and therefore safer!) If you are concerned about greeting another by handshake, we encourage you to nod your heads, or bow toward one another, or offer other signs of peace and greeting that do not require skin to skin contact. Those who look forward to a handshake or hug should not take offense at this more-reserved expression.

The United Methodist General Board of Discipleship has more information and articles regarding worship and infection concerns at http://www.gbod.org/worship/default.asp?act=reader&item_id=3142A

Prayers

Thank you for sharing your prayers of joy and concern on the blue prayer cards each Sunday.

Here are some joys and concerns you shared with us since the last issue of *The Communicator*.

Prayers of Thanksgiving

For Claire & Anna Steelman's 70th Anniversary Open House on 11/8

Joy for the birth of twin great-grandchildren, one boy & one girl, to Mary Jane & Thamon Hazen

In remembrance for all the veterans

Congratulations on the design award for the remodeling project, given by the Iowa Masonry Association

For Angela Perrier & Brian Woline who were married here on 10/31

For Hudson in San Francisco, who celebrated his first birthday on 10/28, he's the grandson of Larry & Cheryl Newhouse and nephew of Dawn & Eric Cowles

For Ethan Holtman, who celebrated his 11th birthday on 10/22

For the wedding of Lindsay Bromley and Tom Cunningham on 10/10

For Nick and Emily (Blaedel) Johnson, who celebrated their first anniversary on 10/11 and Mark Blaedel's 65th birthday on 10/12

For Dorothy Heisler, Jeannie Weber's mother, who turned 90 on 10/12

For Bev Reddick and Ellie Charlton for safe travels and for the "Good Samaritans" along the way

Prayers of Concerns

For Phyllis Long who was hospitalized with a broken hip and has been moved to Iowa City for surgery

Jim Herriott who was hospitalized with pneumonia but was at the 8:30 service on 11/1

For Elizabeth Morris who was hospitalized with pneumonia and was discharged on 10/31

For Marian Heady who fell on 10/31 and was hospitalized at MGMC and is recuperating at the Health Center at Northcrest

For Bob & Helen Farr's friend John Kent, whose brother Fred died.

For Maurice Clark, (cousin of Martin Clark) and family, Maurice is in ICU

For Clare Ladd, 14 year old granddaughter of George and Marlys Ladd who is having spinal surgery in mid November. She is the niece of Lisa Ladd and David Michael. Clare and her parents live near Albany, New York.

For those affected by the tsunami and earthquakes in West Sumatra and the Philippines

For the family of Leah and Orville Berbano, who live in the Philippines. The majority of Pangasinan Province, their familial home, has been submerged with flood waters

For Deanna Jordan who was hospitalized and is recovering at home from a severe middle ear infection

For all who need God's help

For Amanda Heeren's friend, who is mourning the death of her mother

For Karen Halloum, her mother's funeral was at Christ UMC in Toledo on 10/12



Personals

(Personal Announcements)

For the Women @ the Well and all the women at Mitchellville

For Orville Berbano who had elbow surgery on 10/27

For Ruth Smith, who is receiving hospice care at Northcrest

For Sarah Lewis' father who was placed under hospice care in Connecticut

For the soldiers and their families at Fort Hood, who were injured or killed and for the man and his family who did the shooting

For Helen Drake, who is on dialysis

For Jenny Stevenson, daughter of Sandy and Larry Stevenson, she is leaving for Iraq soon

For continued prayers for the service men and women

Justin William Maas was born at 3:03 p.m. on September 11th in AZ. He weighed 6 pounds and 6 oz. and was 20 inches long. His parents are Suzanne and Patrick Maas. Suzanne is the daughter of John and Sherry Davidson and Justin is their first grandchild.

If you have an announcement of a personal nature that you would like to share with the congregation, such as a birth, engagement, graduation, or thank you, feel free to submit it to communicator@cwames.org.

Come For Supper, Stay for Study: Food & Faith

In this study we will explore how our faith is nurtured, strengthened, and enhanced, by food and all the ways food touches our lives.

Food can be a companion; a comforter; a quiet friendly presence that can fill empty moments in our lives. Through food we try to take in the fullness of life.

For others, food can be the enemy. It can be a cruel addiction that must be managed, controlled, and overcome. Food meant to nourish and sustain is scorned and we waste away from unmet wants.

Our relationships with food are complex and as individual as our relationships with God. Through this study we will

discover and explore the deep and abiding connection between food and faith. Living our faith can lead to healing, growth, and a deepening relationship with God.

We will meet four times beginning on Tuesday, November 17 at 5:30 p.m. and ending at 7:15 p.m. Each time supper will be included. Some evenings we will begin with supper, while the next session we may eat supper at 6:30 p.m. and end with dessert at 7:15 p.m.

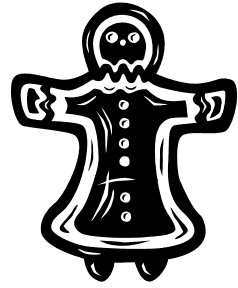
Bon Appétit!

Blessings,

Pastor Linda



Cookie Walk & Bake Sale, Volunteers Needed



This is a fundraiser to help support the High School Appalachia Service Trip and the Middle School Service trip to Omaha, Nebraska.

We are asking the members of our congregation to help support this fundraiser by donating at least four (4) dozen home-made cookies along with any baked items you might want to donate such as cakes, pies, brownies, breads, candy, etc... Cookies and bake sale items should be dropped off at the church Friday, December 11, in Wesley Hall by 6 p.m. If you need to have your cookies picked up, please call Nan Geske at 515/460-5091.

We will need additional volunteers, besides youth, to help staff the event. Thank you for supporting the youth of this church by donating your time and talents!

Holiday Cookie Walk & Bake Sale

Name _____ Tel. _____

Email _____

Items you would like to donate:

Decorated cookies _____ doz. Un-decorated cookies _____ doz.

Other Baked Items: _____

I would be willing to help on Friday, December 11, 6-7:30 p.m. (set-up) _____

I would be willing to help on:

Saturday, December 12, 8 - 11 a.m. _____ 11 a.m.-1 p.m. _____

(Please return this form to the church office no later than December 6.)



“A Christmas Carol” Advent Study

Dickens’ “A Christmas Carol” is our Advent Focus

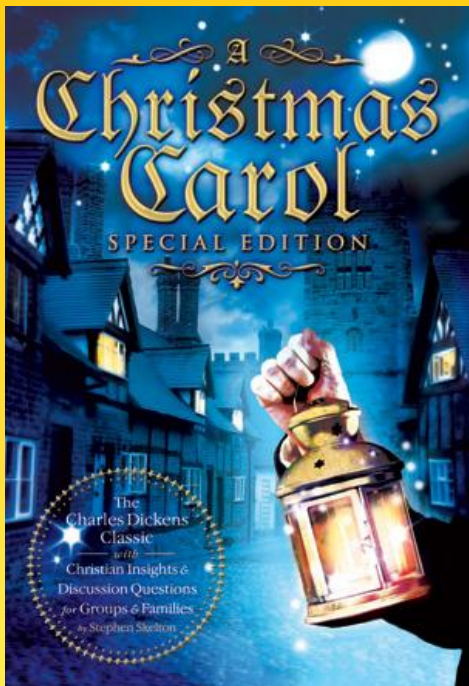
You probably remember the Christmas classic, “A Christmas Carol,” by Charles Dickens. It is a wonderful, horrific, and heartwarming story of a man who has lived with a hard heart for more of his life and – in one night’s time – finds his heart changed and his life brightened. It is a story of being called out and confronted, reminded of our individual power and responsibility, and given another chance to see things through transformed eyes.

This Advent, “A Christmas Carol” will be the focus of our Sunday morning worship sermons and an attendant study, viewing the story through a Christian lens. It is said

Dickens himself wanted to bring a message of hope and salvation to his readers, saying, “I have always striven in my writings to express veneration for the life and lessons of our Saviour.”

The sermons on the four Sundays in Advent and the 1st Sunday after Christmas (Nov. 29, Dec. 6, 13, 20, and 27) are based on the five staves (chapters) of Dickens’ story. A study on the Monday evening following each sermon will help participants to go more in depth on the topics in each stave. Both sermons and study are designed to help us “learn what lessons of Christ are woven in among the scenes of Christmas splendor and the soul-searching of a Scrooge” (from the study’s introduction). (The study book includes the text as well as notes to assist in understanding 1843 English traditions, verbiage and imagery which may seem foreign to the modern-day reader.)

The study will begin on Monday, November 30th, 6:30 to 7:45 p.m. in the Middle School Youth Room (2nd Floor). Light snacks will be available to munch on from 6:00-6:30 in case you don’t have time for supper. Books are available for \$8 in the church office or on Sunday mornings near the Gathering Space on Level 1.



You are Welcome!

Collegiate United Methodist Church and Wesley Foundation welcomes and affirms all persons without regard to gender, ethnic background, sexual orientation, national origin, age, physical or mental ability, marital status, economic condition, or anything else which threatens to divide God's family.

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Discipleship in Focus: Third Grade Bibles



On October 25, 19 third graders received Bibles from the church (11 are pictured). May they grow in faith through the reading of the Holy Scriptures.