



# Communicator

## A Time for Simplicity

Tim Gossett

The theme of simplicity has been on my mind a lot lately. You know how sometimes it seems that certain words, objects, trends and the like sometimes seem to pop up everywhere you go? That's how the summer and early fall has been for me. Here are just a few of the things that have kept triggering that theme for me:

- During the three days I rode with RAGBRAI this summer, I was very conscious of how much waste is produced by the riders. In particular, it seemed everyone was constantly buying drinks in plastic bottles shipped from all over the world when free water was not generally hard to find.

- In Lotts Creek, Kentucky, I reflected on simplicity during the senior high mission trip as I ate peanut butter sandwiches each day and listened to "Darvin the Mountain Man" tell us about all of the simple home remedies he knows (most of which involved the use of salt pork, vinegar, or both!)

- Many mornings, I get up early to scrape paint off the side of my house. I've tried expensive infrared heat lamps and chemicals to remove the paint in hopes that they would speed the process up, but I've learned that on this house, and with that paint, the thing that works best is simply time and a paint scraper.

- Much of my summer was filled with writing lessons for a new Sunday school curriculum for youth. Among my assignments was the story of the rich man who is told by Jesus to go and sell all that he has and give it to the poor before he can follow Jesus. It's not exactly the simple answer he's hoping for, and yet I can't help but be confronted with the simple truth in the lesson that it's so easy for my money to enable me to stay distant

from the poor around me.

I yearn for a more simple life, and yet like most folks I know I continually make choices that make my life more complex, not less. I can sense that this is true for many others when, for example, I get emails saying they wish that they could lead a small group or help with one of our work days or whatever, but that they're just too busy. It's hard to slow down, to shift gears, to intentionally choose a way of life when there seem to be few people around us doing so and when there's no one to teach us how.

This semester, our construction at the church has forced us to choose simplicity, like it or not. We simply cannot, for example, have as many Sunday school classes in our main building as we'd like, and we can't host as many campus organizations' meetings as we perhaps normally would. The choices are sometimes painful, but the dust and the noise and the equipment serve as reminders that it's time--and it's OK--to step back right now. Still, the choices feel more forced than voluntary.

My favorite source for curriculum and other resources is a company called Alternatives for Simple Living, which makes its home in Sioux City. (Incidentally, Collegiate/Wesley has a church membership there, which means you can order things from them yourself and get 10% off! Visit them at [www.simpleliving.org](http://www.simpleliving.org) sometime.) Alternatives stresses five keys for voluntary simplicity: Live justly; Learn from the World Community; Cherish the Natural Order; Celebrate responsibly; Nonconform freely.

Perhaps in this time of construction we might each commit ourselves to these five keys, for they help us to discover a life that is not only simpler but also more meaningful and ecologically responsible. Or, perhaps we might try to bring to mind daily the inspired words of that well-known hymn: "I am the church, you are the church, we are the church together..." Though the classes and programs may slow down for a while, our ability to "be church" perhaps has an opportunity

### Inside this issue:

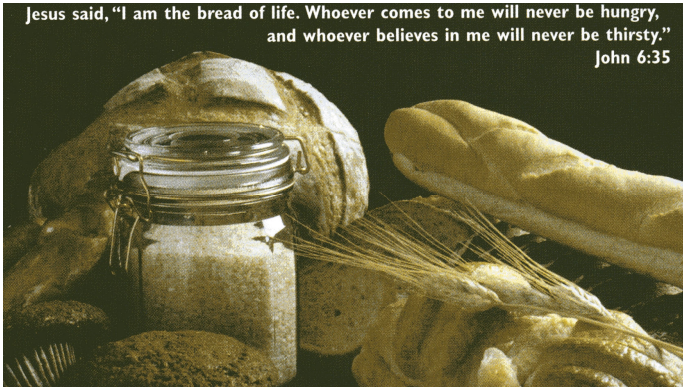
Stewardship	2
Apple Pies	2
Personals	3
Prayer Vigil	4-5
Misc. News and Info	6-7
The Back Page	8

("A Word..." continued on pg. 6)

# Stewardship of Bread

## Stewardship Emphasis 2008

Sermon series October 7 – October 21  
Commitment Sunday - "Festival of Choirs" - October 28



Jesus said, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."  
John 6:35

### **Bread is a great symbol for our basic human need**

There is in the world and in each of us a deep hunger: a hunger for hope, a hunger for justice, a hunger for joy to fill our empty sadness, a hunger for bread.

We live in a culture with many false offers to appease our hunger – urging us to pursue and clutch.

Bread is the great symbol for our basic human need and Jesus understands this. To our deepest longings Jesus responds, "I am the bread of life. Who ever comes to me will never be hungry." With just a handful of ordinary things of life, Jesus changes everything. Stewardship recognizes that life is a cycle where faith leads naturally and urgently to the receiving and sharing of the abundant bread Jesus offers. The bread Jesus gives nurtures us and helps us grow in faith. The bread Jesus gives helps us recognize our gifts, make life-giving choices, and build community. The bread Jesus gives challenges us to open our hands to receive and share the bread of life.

In the communion meal Jesus prepares, all are welcome, all are fed, and all are sent back into the world to love and serve.

# It's Time for Apple Pies!

Please consider setting aside October 21st from noon to 5:00 p.m. to help make apple pies. All proceeds will go toward future mission trips. We need help to: make pie crust ahead of time, make pies on October 21st, loan apple peeler/corer's/ rolling pins (please clearly label so items can be returned), donate Ziplock bags, 9" pie pans, sugar, flour and other ingredients, donate money to purchase apples and other needed supplies (**our free source of apples is not available this year due to the freeze in April**), buy pies (\$8/pie or 4 pies/\$30) – deadline for ordering is Sunday, October 21st.



If you are interested in helping or in buying a pie, please contact Patty King at 292-3831 [pjking@netins.net](mailto:pjking@netins.net) or complete the form below and return it to the church office.

Name \_\_\_\_\_  
E-mail \_\_\_\_\_

Address \_\_\_\_\_  
Phone # \_\_\_\_\_

I would like to buy \_\_\_\_\_ pie(s).

I will \_\_\_\_\_ will not \_\_\_\_\_ be able to pick up my pie(s) on October 15<sup>th</sup> (between 3:00 p.m. and 5:00 p.m.) (please check one).

\_\_\_\_\_ I will be able to help make pies on October 21st (noon to 4:00 p.m.)

\_\_\_\_\_ I will be able to help with cleanup from 3:00 to 5:00 p.m. on Oct. 21st.

\_\_\_\_\_ I will be able to make pie crust ahead of time (recipe will be provided) and bring it to Wesley Hall Kitchen by 11:00 a.m. October 21st.

I will be able to loan: \_\_\_\_\_ Apple peeler/corer  
\_\_\_\_\_ rolling pin (please clearly label)

I will be able to donate:  
\_\_\_\_\_ sugar (10 lb pkg) \_\_\_\_\_ flour  
\_\_\_\_\_ Ziplock freezer bags(1 gallon size (Note zipper kind not big enough)  
\_\_\_\_\_ 9" pie tins \_\_\_\_\_ margarine (1 lb pkg)  
\_\_\_\_\_ \$ for supplies/apples

### **Communicator Deadlines**

October 21, November 11, December 2  
Send Communicator submissions to  
[n\\_rekemeyer@qwest.net](mailto:n_rekemeyer@qwest.net)

### **Bulletin Announcements Deadline**

9:00 a.m. Wednesdays  
Send Bulletin submissions to [n\\_rekemeyer@qwest.net](mailto:n_rekemeyer@qwest.net)

## Personals

Please advise the church of any births, hospitalizations, deaths, weddings, etc. to be noted.

### Baptisms

Mandy Olsen

Caden Olsen, son of Grant and Mandy Olsen

Keira Johnson, daughter of Karl and Kyla Johnson

### Received into Membership

Mandy Olsen

### Weddings

Dawn Routson and Gabriel Steenhoek

Jamie Younquist and Clint Rabe

### Thank You

Dear Hope Blanket Group,

We want you to know how much we appreciate the beautiful fleece blankets you gave to Myah and Maysen. There will be many hours spent kicking and playing on them. What a wonderful church family we have!

Brandon and Kari Smith

## A Prayer

For all the things you've given me, I'm thankful.

I pray for hope, love, peace, caring, joy, wishes, prayers, ease, conflict, hate and stress.

I pray for dreams.

I pray for family, friends, acquaintances, enemies, outcasts and strangers.

I pray for dreams.

I pray for earth, water, sky, fire, tree, rock and light.

I pray for dreams.

I pray for imagination, colors, passions and wishes.

I pray for dreams.

I pray that this prayer helps someone else.

Amen.

**Mariah Griffith, CUMC/WF middle school student**

The *Communicator* is generally published monthly by

### **Collegiate United Methodist Church and Wesley Foundation**

2622 W. Lincoln Way Ames, IA 50014  
(515)292-6936 <http://www.cumc-wf.org>

**W Scott Grotewold**, Senior Minister of CUMC & Director of Wesley Foundation  
scott\_grotewold@qwest.net Ext. 13  
Currently on sabbatical

**Linda Butler**, Associate Minister of CUMC  
linda\_butler@qwest.net Ext. 16

**Jim Shirbroun**, Campus Minister & Associate Director of Wesley Foundation  
jim\_shirbroun@qwest.net Ext. 15

**Naomi Sea Young Wittstruck**, Campus Ministry Associate  
nsyw@qwest.net Ext. 25

**Wil Rainey**, Discipleship, Technology & Communications

**Tim Gossett**, Dir. of Christian Ed & Adult Ministries  
tim\_gossett@qwest.net Ext. 33

**Nan Geske**, Youth Specialist  
nangeske@yahoo.com

**Dianna Nelson**, Children's Specialist  
dianna\_nelson@qwest.net Ext. 28

**Beverly Reddick**, Church and Community Worker  
bev\_reddick@qwest.net 233-1536

**Joyce Rasmussen**, Administrative Coordinator  
joyce\_rasmussen@qwest.net Ext. 12

**Natalie Rekemeyer**, Administrative Assistant  
n\_rekemeyer@qwest.net Ext. 10

**Roger Lawrence**, Building Superintendent  
r\_lawrence@qwest.net Ext. 17

**Howard Wolfe**, Building Custodian

### **Music Staff**

**Carl Bleyle**, Chancel (adult) Choir Dir/Organist  
cobleyle@iastate.edu

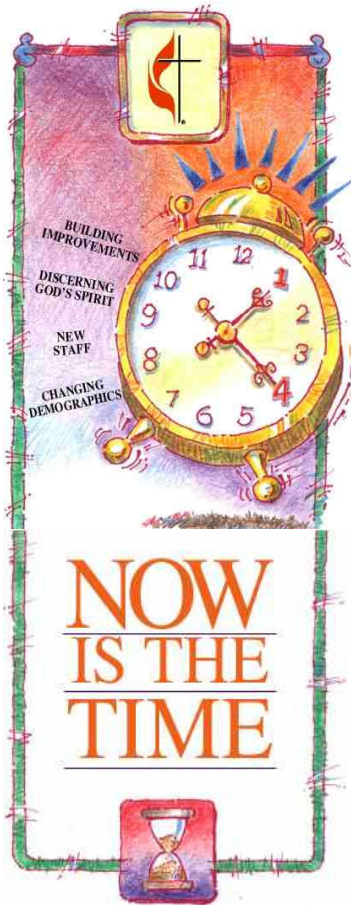
**Mary Pevestorf**, Jubilee (adult) Choir Director  
296-5073

**Dee Dreeszen**, Bell Choir Director  
dreeszen@iastate.edu

**Tana Tesdall**, Children's Choir Director  
tanaloo@aol.com

**Jason Janssen**, *faithspring* Band Director  
jsjanssen@hotmail.com

**Cathy Compton**, Wesley Singers Director



## 24 Hour Prayer Vigil Scheduled In the newly Renovated Nichol's Chapel

### Prayer Vigil

Begins Saturday, November 17 at 8:00 am  
and ends Sunday, November 18 at 8:00am

After several months and many prayerful meetings together, the Vision Scribes of Collegiate UMC/Wesley Foundation will be offering a first draft of the *Shared Vision of Ministry for Collegiate UMC/Wesley Foundation* at the 24 hour prayer vigil. Over the past several months, Karla Mae Elling, Karen Fowser, Carolyn Cornette, Ben Hucker, Roger Coulson, Rev. Scott Grotewold, and Rev. Linda Butler have been prayerfully assimilating all the comments, information, and gleanings from Martha Di Silvestro's visit with us.

### Conversations That Lead to Action

When Martha visited last April, she invited the entire congregation to a gathering and led us through several exercises as well as a process called "Conversations That Lead to Action: Five Questions for Everyone." Those five questions were:

1. What are your favorite things about this church?
2. What do you think are God's favorite things about this church?
3. What are your dreams for this church?
4. What do you think are God's dreams for this church?
5. What is holding us back?

Using the hundreds of the congregational responses to these questions, we were able to arrive at three main themes:

1. Desire to nurture our church members
2. Desire to reach and receive new members
3. Desire to be a helpful part of the Ames community.

### Community Interviews

An aspect of the vision discernment process will be gathering wisdom from key people in the community. The scribes have selected members from our church who will have one-on-one conversations with community leaders who are not from our church. A host of prepared questions will also be asked. These interviews will be time consuming but worthwhile. Martha could not place enough importance on this step. It builds relationships, puts the church on the map in a gentle, new, collaborative way, and spreads the word about our energy, relevance, and willingness to initiate community connections and relationships. We are serious about making new action really happen.

## Prayer Vigil Details

When you arrive, you will be given a sheet of paper that will look like this:

Welcome to our Prayer Vigil

Thank you for sharing your time and your soul in this ministry.

God is eager to converse with you. Bring all of your questions, hopes, and needs. Spend time in silence receiving God's care and guidance. Enjoy the sacred memories and divine peace of our lovely sanctuary.

In addition to raising your personal, national, and global prayers, please look over the attached sheet for ideas about specific prayers for our congregation's ministry in the next 3-5 years. We who compose your church Vision Team are serious about leading this church family forward into God's new day.

We are attempting to discern top action priorities, and your prayerful support and feedback is essential to our work. Ask God's direction on any or all of the ideas we've presented, and please let us know as soon as you feel inspired by the prayerful responses you have received from your time with God on these matters.

Don't worry about what to say; just be yourself and use simple phrases straight from your heart. Trust the words of Romans 8: 26-28: "...the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very spirit intercedes with sighs too deep for words. And God, who searches for the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints..."

Many members of our church are joining with you hour by hour today to form an unbroken chain of prayer. We are very excited about the power of our congregation's concentrated prayer together, and expect miracles to arise from this vigil.

If you would like to leave a written prayer request for others following you in the vigil, feel free to do so by using one of the index cards on the table near the communion table. Once completed, leave it on the table for others to focus upon. If you would like to leave a confidential prayer request for the pastor alone, do the same but place it in the envelope marked for the pastor.

On the reverse you'll find a few more ideas for framing your prayer time. May God bless you and our congregation richly in this holy encounter, and in all that it will come to mean for our future calling to further God's kingdom. In the next 3 to 5 years may we embody Jesus in fresh ways in and beyond our community.

The signup for the November prayer vigil will be included in the next Communicator. It is our deepest yearning and prayer that you will participate in this prayer vigil. Unlike some prayer vigils, multiple people are encouraged to sign-up for each time slot.

## “Simplicity” ...cont. from pg 1

to speed up.

Few biblical stories get at the theme of simplicity as deeply as the story of Jesus' visit to the home of Mary and Martha. Martha is busy, busy, busy; Mary sits at Jesus' feet while he talked. (You can read the rest of the story for yourself in Luke 10:38-42). At the end, we're left to figure out just what the "one thing" is we're to choose. Rev. Darla Blatnik writes about this story, "We sit at his feet to be one with the vision. We rise from his feet to become a part of the vision in the world." We discover in Jesus God's vision of love for the world; then, we go forward and carry that vision everywhere we go.

Simple? Yes. Easy...not always. Worth trying? Definitely!

## Yes, M&M Still Meets!

Thanks to a last-minute formatting change, the description for the M&M Class inadvertently didn't show up in the Christian Education Brochure. (Sorry, M&M members!) Here's the description that should have been there:

M&M is a fun, lively, and diverse group that talks about current issues from a faith perspective, using a weekly curriculum called "Faithlink." It's a great place to engage in dialogue about timely, real-life topics that affect us all!

## Christian Ed Brochure: Did You Get Yours?

If you lost or didn't receive a copy of the Christian education brochure for fall, 2007, extra copies are available in the main office. You can also download one in PDF format from our website ([www.cumc-wf.org](http://www.cumc-wf.org); click on Newsletters).

## Jubilee Director Needed

Jubilee Choir will need a new director in January. Great opportunity for someone with musical talent. Practice schedule could be flexible. If interested, call Charlotte Jamison (232-1211) or Sarah Nusser (231-9305).

## Join a Book Group Today!

Several new book groups will be starting soon. Sample copies of the books are located in the hallway near the west entrance on Sunday mornings, or in the church office during the week. Groups include:

### Theological Thursdays

4 different Thursday studies, each just once per month. The books include:

- 1st Thursday - 6-7:15 PM - Practicing our Faith, an exploration of twelve central Christian practices (light meal, prepared by participants)
- 2nd Thursday - 12-1:15 PM - "Roundtable" - Life Abundant: Rethinking Theology and Economy for a Planet in Peril (light lunch, prepared by participants)
- 3rd Thursday - 7:30-8:30 AM - The Emerging Christian Way, a look at the many ways that Christianity is changing today (meets at Stomping Grounds)
- 4th Thursday - 7-8:15 PM - Speaking of Faith - an exploration of contemporary faith and religious thinkers by the creator of the radio show on NPR.

Descriptions of all of these books are available in the Christian education brochure that was sent out a couple of weeks ago.

### The Book Club Returns!

Book Club is a reading and discussion group that focuses on human relationships, social issues, and ethical questions. Books discussed--everything from classics to best sellers, fiction and nonfiction--are presented in class so that members running short on reading time are still able to participate. The group now meets the first and third Thursdays of the month at noon in room 123. For more information, contact Donna Kienzler, 294-4065.

## Computer Lab Reopens

The computer lab has officially reopened for use, and we again have wireless Internet access throughout most of the building. We'll try to have the lab open daily from 8:30 AM - 4:30 PM at least while construction is going on, and you'll often find the lab open at other times of the day (particularly Wednesday evenings and Sunday mornings) as well. If you find it locked, just ask any staff member or a student receptionist to open it for you.

## Dine at Lucullan's with Good Neighbor

The annual Lucullan's fundraiser for Good Neighbor Emergency Assistance (GNEA) will be held on Oct. 16, 2007. Social time starts at 5:30 PM with the meal starting at 6:30 PM. Buy your ticket from Tim Gossett, your Good Neighbor representative. The tickets are \$30 (\$25 is tax deductible). Come for fellowship, a meal served family-style, and learn about Good Neighbor and those we serve. Can't make it to the meal? Your representative or the church will graciously accept your donation and make sure it gets to Good Neighbor.

## Good Neighbor Mass Concert

The annual Good Neighbor Mass Concert is scheduled for Nov. 4th, 3:00 PM, at Collegiate Presbyterian Church, 159 N. Sheldon. Choirs throughout Ames dedicate many hours of preparation for this worthy cause, which is generally the largest fundraiser of the year for Good Neighbor. Free will donations will be accepted that day to support the emergency assistance work of Good Neighbor Emergency Assistance. We hope you will join us in support of our choirs and Good Neighbor!

## Volunteer for CFUM

Volunteers are needed to prepare and/or serve the evening meal to low-income children and families through the Children and Family Urban Ministries in Des Moines. Here is a volunteer opportunity to really help those who are grateful for a daily meal. This is a fun group activity for Sunday School classes or Koininia groups. Individuals are needed to go to Des Moines to serve and also prepare food at home ahead of time. Our church has committed to serving on the following Saturdays: October 27; December 22; February 23, 2008; April 26, 2008; June 28, 2008. If you can help or would like more information, please contact Marti Elston at 232-7194 or by email at [melston@iastate.edu](mailto:melston@iastate.edu). This is a small task that doesn't take long to help many.

## Hope Blankets

The Hope Blanket group consists of people who love to make fleece blankets. Why? Because the fabric is so pretty and soft and the blankets bring a smile and we pray a small dose of hope to those who receive them! We'd really like to have newcomers join us. All are welcome. Our next meeting will be Oct. 8th from 1:30-3:30pm. Meet in the church office for details on location.

Our Hope Blankets have been delivered to many places in the past months. We have given them to new babies of the church, ACCESS, to nursing homes, and the hospice care facility. If you know anyone who is needing a blanket, please let us know.

If you find you can not come at this time, please consider donating fleece for our projects. To donate, please leave the fleece in the church office or contact Bev Shirbroun(233-3799) or Debby Wilson (233-4522).

## Change in UMW Unit Meeting for October 4



Time change from 12 p.m. - 3 p.m. Presenter is Millie Freese. Also please bring a salad to share.

### Contemporary Books

Oct. 9 - 9:15 a.m.

Hostess - Lucy Futrell

Co-Hostess - Helen Davidson

Book: Enrique's Journey (Sionia Nazaro)

Presenter: Jean Humphrey

### Conference Annual Meeting

**October 2, Tuesday, Spencer**

Call Elaine Johnson (296-5093) for details to make reservation, lunch payment, and transportation arrangements.

Collegiate United Methodist Church 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. In our quest to follow the example of Christ, we will employ no circles of exclusion and we commit ourselves to loving acts of invitation, hospitality, and reconciliation, providing ministry to, for, and with all persons without exception.

## CONTACT INFORMATION

Phone: 515-292-6936

Fax: 515-292-5493

E: [n\\_rekemeyer@qwest.net](mailto:n_rekemeyer@qwest.net)

For more photos,  
up-to-date calendar and  
events, check out our  
website

[www.cumc-wf.org](http://www.cumc-wf.org)



Collegiate United Methodist  
Church and Wesley Foundation  
2622 W Lincoln Way  
Ames IA 50014

Non-profit Org.  
U.S. Postage  
PAID  
Ames, Iowa 50010  
Permit #95

ATTACH LABEL HERE

## Caught in the Act of Discipleship!



Front Row: John Shiller, Sue Griffith, Jackson Griffith, Greta Knudsen, Dee Dreeszen, Amanda Heeren. Back Row: John Shriver (with young John), Brian Brand, Joel Coats, Kevin Drake, Sean Phillips, Royce Cline, Jonathan Brand, Steven Schroder. Not Pictured: Randy Griffith, Afton McGreer, Kimberly Ferguson

### Softball Wrap-Up

In spite of a regular season 3 and 8 record, there were many positive aspects to the C/W softball teams' summer. The roster numbered 17 players who were faithful the entire season. This was the first year the church league encouraged teams to play women. Although some teams, especially in the Thursday night league, held to their all-boy status, C/W regularly played five women. The team was complimented for its sportsmanship. Sean highlight: Brian Brand recorded 8 homeruns in 11 games. There were moments of brilliance defensively. In addition to Brian, the 2007 roster included Jonathan Brand, Royce Cline, Joel Coats (coach), Keven Drake, Dee Dreeszen (manager), Kimberly Ferguson, Jackson, Randy and Sue Griffith, Amanda Heeren, Greta Knudsen, Afton McGreer, Sean Phillips, John Schiller, Steven Schroder, and John Shriver. The post-season

tournament was won by EFreeel with Stonebrook finishing second. Both teams were from the Tuesday night league. Thanks to our fans for supporting the team: Meghan Brand, Jill Vauthrin Brand and Tyler, Eryn Shriver and John, Ben Blakely, Jason Janssen, Dianna and Ron Nelson.

Send your photos of CUMC/WF friends and family "Caught in the Act of Discipleship" to [n\\_rekemeyer@qwest.net](mailto:n_rekemeyer@qwest.net), or drop them by the church office.