

January 13, 2023 Friday Flash

Greeting Epiphany People!

Last Sunday in worship we received “Star Gifts,” a star with a word to contemplate in 2023. Star gifts are based on the idea that before they offered their own gifts, the magi first received from God – the gift of Jesus. And indeed this is always God’s pattern: first God gives to us, and then we respond with the gift of ourselves.

If you didn’t receive a star on Sunday, there are a few stars left, just reach out to office@standrewsames.org if you would like to stop and pick one up. Or, you can [“spin” for a star word on this website](#). Simply click on the wheel, it will spin, and it will stop on a word. You can then write it down for yourself for the year!

Throughout the Christmas story, we are told that “Mary pondered these things in her heart,” and that is what I am asking you to do with your star gift. Ponder it in your heart. You might look up the meaning in the dictionary. Or, find where it occurs in the Bible. Be open to experiencing how that gift from God plays out in your daily life.

Some additional thoughts about how you might practice contemplating your start gift:

- Your word is not meant to be a command to you to “be better at this.” Rather, it is an invitation to see how God is acting through that word. Maybe you will see God in someone else’s actions toward you, or toward another.
- Ask: How has this been a gift you have received, not just a gift you can give another?
- Using an app like You Version’s Bible app, find all the times your word (or a version of it) appears in the Bible, and let this guide your reflection.
- Journal on your word, or doodle around it, and see what comes out!
- Place your star somewhere you will see it often – your mirror, your fridge – and say a short prayer each day, such as: “God, help me to see you today in _____.”

My Star Word was GRACE. Ah. Thank you, Lord for never ceasing to remind me of your greatest gift, your love and forgiveness, given freely and without requirement. May I continue to extend that grace, that love to myself, and all I encounter this year. And, may I be attuned to how I experience grace each and every day.

Grace & Peace,

Pastor Sonja

ANNOUNCEMENTS

~THIS WEEK AT ST. ANDREW'S~

- Sunday, *Service N Learning + Breakfast*, 9 am, Fellowship Hall
- Sunday, *Worship Service*, 10:30 am, Sanctuary & [Livestream](#)
 - If you have trouble with this link, go to [St. Andrew's YouTube Page](#)
 - [Last Week's Livestream Recording](#)
- Sunday, *Fellowship*, 11:30 am, Fellowship Hall
- Sunday, *Welcome Session*, 11:40 am, Fellowship Hall
- Wednesday, *Faith Book Study Meeting*, 7 am, Hy-Vee West Market Grille
- Wednesday, *The Story Zoom Rescheduled*, 11 am, Zoom
- Wednesday, *St. Andrew's Choir Rehearsal*, 7-9 pm, Sanctuary
- Thursday, *Saving Suds*, 4-7 pm, Squeaky Clean Laundromat on Lincoln Way
- Thursday, *Pine Ridge Donation Time*, 6-8 pm, Room 2 at St. Andrew's
- For a full listing of events, check out the St. Andrew's calendar at standrewsames.org/calendar/

Second Welcome Session Sunday, 11:40 am

Join Pastor Sonja this Sunday at 11:40 am in the Fellowship Hall. Individuals who want to learn more about being a part of (or reconnect with) St. Andrew's Lutheran Church are encouraged to attend. We will talk about: opportunities to get involved and get to know others at St. Andrew's; current ministries; hopes and dreams for the future; basics of faith, worship, the Bible; and grace from a Lutheran perspective.

Martin Luther King Jr. Interfaith Service Sunday, 2 pm

A service to honor the work of Dr. King sponsored by the Ames Area Religious Leaders will be held at 2 pm on Sunday, January 15 at the Unitarian Universalist Fellowship of Ames (1015 Hyland Ave.) in their Fellowship Hall. You can also watch the service [via Zoom](#).

Dial In: 312-626-6799 **Meeting ID:** 843 0203 1181

During the service, a love offering will be collected for the Dream Seed Scholarship/Grant program established in 2015 to support the dreams of youth who may be aging out of the foster care system in Iowa. Dream Seed is a cooperative effort with YSS and the AMP Program which serves young people as they transition to adulthood from the foster care system. Since 2015 more than 27 recipients have received grants of up to \$300 each! If you are unable to attend and you would like to donate to Dream Seed, please send a check payable to YSS/AMP and put Dream Seed on the memo line and send it to: Unity of Ames, 226 9th Street, Ames, IA 50010, ATTN: Deb Hill-Davis.

MLK Day Celebration Worship Service Service, 3 pm

This service will be held at 3 pm on Sunday, January 15 at Friendship Baptist Church (2400 Mortensen Rd.) This Service will include a guest choir and a guest speaker, Pastor Lasybill Mitchell from Des Moines!

Annual Meeting January 29, 12 pm

The Annual Meeting of St. Andrew's Lutheran Church will be held Sunday, January 29, 2023 at 12 pm in the Fellowship Hall and will also be available via Zoom. The St. Andrew's Lutheran Church Council has approved this meeting date. Fellowship will host a brunch after the church service prior to the annual meeting.

Note, pursuant to our current Constitution section C16.04*, we are informing the congregation that, during the Annual Meeting, there will be a ballot vote on the adoption of a new Constitution and By-Laws which follows the *Model Constitution for Congregations of the Evangelical Lutheran Church in America (ELCA)* as was adopted by all churchwide assemblies, including the sixteenth Churchwide Assembly in 2022. The St. Andrew's Lutheran Council has reviewed and approved the document.

A copy of the new Constitution and By-Laws was previously emailed to the congregation, and hard copies are again available on the Narthex Table this Sunday.

Book Club Updates

The St. Andrew's Book Club has chosen their new book; *Wish You Were Here* is written by Jodi Picoult and is set during the Pandemic. "Jodi Picoult once again proves that she is the master of wading through the darkness to find the light. This is a powerfully evocative story of resilience and triumph of the human spirit." In addition, the club has changed their meeting day: the club will now meet on the **3rd Tuesday of each month**. The next meeting will be **Tuesday, February 21 at 6:15 pm** in the Village Cooperative Community Room (2525 Bobcat Dr.). Books will be available for pickup soon.

Blessings Box Reminder

Thank you to all who have donated and volunteered to stock the Blessings Box, location on the east side of the church. Just a reminder that, due to cold temperatures, canned items and any food items with liquid will freeze and potentially explode if placed in the Blessings Box. At this time, we ask that you please only donate dry goods (granola bars, etc.) that will not freeze or personal care items for menstrual needs.

Service N Learning Sunday Breakfast 9 am (All breakfasts provide juice, milk, and coffee!)

Please contact Miriam Moreno at miriam@standrewsames.org with any questions regarding the breakfast or with any food sensitivities if you plan to eat breakfast! We can accommodate most requests if given a heads-up by Friday evening!

- January 15: Baked Pancakes
- January 22: Breakfast Pizza

Service N Learning January 9-15: God's Messengers

We continue our chronological overview of God's great Biblical story this week. All are welcome to attend weekly sessions Thursdays on Zoom at 11 am or Sundays at 9:30 am; no need to register in advance. The following readings will be discussed on the listed week.

- January 16-22: The Beginning of the End

~NOTABLES~

Worship Assistants Next Week (1/15/2023)

Assisting Minister – **Kyra Meyers**
Reader – **Jon Christy**
Greeter – **Paul and Cheryl White**
Ushers – **Al Jergens, John Kovar**
Communion Setup – **Paul and Cheryl White**
Communion Servers – **Glynn Frank, Carol Putz**
Tech – **Brent Anderson**
Fellowship – **Property**

Worship Assistants Next Week (1/22/2023)

Assisting Minister –
Reader – **Margaret Sherve**
Greeter – **Jeanine Strodman**
Ushers – **John Kovar**
Communion Setup –
Communion Servers – **John Kovar, Lynn Miller**
Tech – **Dave Sprau**
Fellowship – **Pine Ridge and Tanzania**

Happy January Anniversary

Max and Miriam Moreno (3)

Happy January Birthday

Judy Denato (2), Sharon Olson (4), Nora Nelson (19), Laura Van Vertloo (21), Jan Warwick (22), Oren Geisinger IV (25), Eugene Takle (25), Kris Parsons (26), Sharon Mott (29)

~PRAYERS~

Tiah Bowie and Family (Sister/family of Finis Jones), **Marvin Hitchings** (Nora Nelson's Husband), **Phil Parsons, Alice Thompson, Lowell Elwick, John Sherve** (brother of Margaret Sherve, battling cancer), **Annette (Thompson) Bodnar** (niece of Alice Thompson), **Anita Whitaker** (Mother of Sheri Krumm), **Troy Eagen** (Sharon Anderson's son-in-law), **John Litzel, Libby Litzel Gull, Mark Ekeren** (brother of Sarah Buck), **Wayne Thompson** (brain tumor), **Marilyn Saunders** (Gene Pollmann's sister), **Gene Takle, Lou Jordan** (Dagmar Frank's cousin), **Nancy Owen** (Carol Putz's cousin, battling cancer), **Roxanne Labandz** (niece of Alice Thompson), **Pat Fawcett, Kolleen Tweed Sogard** (daughter of Violet Tweed), **Robert Pollmann** (Gene Pollmann's brother), **Mike & Kayla Endorf** (cousins of Dagmar Frank), **Diane** (Carol Putz's sister w/long COVID), **Alycia Carlsborg, Ben Buck, Stu Endorf** (Dagmar Frank's cousin), **James Loritz** (nephew of Alice Thompson), **Karen Hardy** (Rita Peterson's sister), **Susan Teas, Douglas John Putz** (brother of Dave Putz), the family of **Anne Buck** (Sister-in-Law of Sarah and Ben Buck), the family of **Richard Doyle** (father of Monica Behning), the family of **Jane Ellis** (Pat Fawcett's Sister), the family of **Lester Carlsborg**, the family of **Janet and Eugene Bentley Jr., MD** (Parents of Janet Dixon), and the family of **Sara Weyer** (former member).

For all those suffering from loneliness and grief, addiction and illness-both mental and physical, poverty and need, war and strife; we pray to the Lord to bless them and give them peace. We continue to pray for the health and needs of the people in the Ames Community, the Pine Ridge Reservation, the Hedaru and Agape Parishes in Tanzania, and all communities throughout the world.