

~~~Welcome to the Friday Flash for September 24, 2021~~~

~MESSAGE FROM PASTOR SONJA~

It is officially fall! I have to confess, that does my heart good. Cooler temps. The warm fall colors. The sound of crisp leaves rustling. Warm drinks. Sweatshirts ... For me, this season brings peace.

I invite you to think today about what brings you peace in your life? What environments, circumstances, people, smells, food, sound, or experiences transport you from the daily stresses and frustrations to a state of peace? I encourage you to find time in the next day to steal some moments of peace to refresh your soul.

We will begin our Stewardship Campaign in October, under the theme: Baptized and set free. Be on the lookout for the packet that will come to you by mail in October with 2022 Time and Talent Sheets, Pledge Form, and 2021 annual giving statement as of September. The gifts you share are fundamental to continue the work of God in and through the ministries of St. Andrew Lutheran church. Thank you for your continued support by giving of your time, talent, and financial resources.

*And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7*

Grace & Peace,  
Pastor Sonja

***Pastor Sonja's Fall Office hours are: Tuesday and Thursday 11 a.m. to 2 p.m. Office Hours are times you can generally come and Pastor is here and available for a drop-in visit. Pastor's day off is Friday. If you wish to schedule a time outside of office hours, you are invited to contact the church office to arrange an appointment.***

~ANNOUNCEMENTS~

**Take a Leap of Faith!**

**Join in ALL AGES Service & Learning Sundays at 9 a.m.**

Sunday School and Adult education have joined forces to become SERVICE + LEARNING! We gather each week to share a breakfast meal, learn about a fundamental of faith life, hear about a local, national or international service effort, and apply our learning in service in the world!

**This Sunday we will:**

- Break bread together around the table for **BREAKFAST**.
- **WRITE a** Covenant together for Service & Learning Time
- Most importantly, **GROW** in relationship with **GOD** and with **ONE ANOTHER** in new ways.

We are offering Service and Learning in person and virtually. To join virtually via zoom go to: [standrewsames.org/](https://standrewsames.org/) and scroll down to Connect Virtually and select the Service and Learning Zoom button.

### **St. Andrew's Cross Water Bottles, Coffee Mugs, and Decals Available**



Carry the St. Andrew's cross with you into the world and remember Christ goes with you always! Check out the Water bottles (\$20), Coffee mugs (\$15), and Decals (\$3) with the St. Andrew's Cross available for purchase (retail cost) on the table by the coffee table in Fellowship Hall and in the Narthex. The decals can go on anything! Purchases are on the honor system: leave payment in the envelope, drop off in the church office or place in the offering plate with a note in the memo line what item you are purchasing.

### **New Member Classes October 3, 10, and 17 at 11:45 a.m.**

Pastor Sonja will meet with individuals who want to learn more about the ministries of St. Andrew's Lutheran Church the first three Sundays in October. We will talk about opportunities to get involved and get to know others St. Andrew's; current ministries; hopes and dreams for the future; and basics of faith, worship, the Bible, and grace from a Lutheran perspective. If you are interested in being included or learning more, please contact Pastor Sonja, [pastorsonja@standrewsames.org](mailto:pastorsonja@standrewsames.org).

### **~MINISTRY OPPORTUNITIES~**

#### **Giving Garden Seeks Volunteers for Fall Produce Transport**

The St. Andrew's Giving Garden supporting Story County Plant-A-Row for the Hungry will continue collecting produce through October 10. Volunteers are needed to transport produce to Reiman Gardens on Sundays after worship and to assist harvesting produce for an hour each weekend at the Plant-A-Row community garden on Maple Street in Ames. Please sign up here: <https://standrewsames.org/local-ministries/>.

#### **Pine Ridge October Meeting & Donations**

The October Pine Ridge Ministry Team meeting is cancelled and we will be taking donations by appointment only. It is a busy month. Please contact Kris Parsons 515-231-9318 or Almira Uemura 5157081617 for appointments.

#### **Edwards School Needs Snacks**

You can bring snacks for Edwards School to St. Andrew's between 9am-3:30pm weekdays to drop off or on Sundays before/after worship. The kids at Edwards Elementary thank you!

#### **Help Provide Hospitality and Welcome: Seeking Fellowship Committee Volunteers**

The St. Andrew's Fellowship Committee is looking for additional members to help plan fellowship events to provide hospitality and welcome to all. Fellowship coordinates coffee hour after worship, funeral luncheons, and special meals. If you feel a nudge to get involved, please contact the church office at [office@standrewsames.org](mailto:office@standrewsames.org), or committee chairs Gayle Osterberg [osterberggayle@gmail.com](mailto:osterberggayle@gmail.com) and JoAnn Kovar [joannkovar31@gmail.com](mailto:joannkovar31@gmail.com). There is a place for you here!

### **Be a worship volunteer! It's fun and easy!**

You are invited to consider how you may feel led to use your gifts in worship. The following volunteers are currently needed each week: Assisting Minister, Reader, Greeters, Ushers, Communion Setup, Communion Servers. You can see the volunteer needs and sign up at [www.standrewsames.org/worship](http://www.standrewsames.org/worship), or call the church office at 515-292-2131 and Heather will help you sign up.

### **Love Singing? Choir Meets Wednesdays at 7 p.m.**

Come one and all! Director Steve Hoifeldt has a wonderful selection of music planned to enhance worship through choral music. Come to the sanctuary at 7 p.m. and join in the fun. Masks required. Questions? Contact [shoifeldt@standrewsames.org](mailto:shoifeldt@standrewsames.org).

### **~NOTEABLES~**

#### **Happy Anniversary to**

Glynn & Dagmar Frank (September 3rd), Jim & Judy Denato (September 4th), John & JoAnn Kovar (September 4th), Jamie & Julie Riesselman (September 28<sup>th</sup>).

#### **Happy September Birthday to**

Emily Frescoln (1st), Lucas Gerstenberger (3rd), David Krumm (9th), Al Jergens (10th), Jamie Riesselman (11<sup>th</sup>), Harlan Baker (13<sup>th</sup>), Glynn Frank (13<sup>th</sup>), JoAnn Kovar (15<sup>th</sup>), Jim Denato (17th), J. Ben Buck (22nd), Kathryn Baker (25th).

#### **Worship Assistants This Week (9/26/2021)**

Assisting Minister – **Jennie LeGates**  
Reader – **Margaret Sherve**  
Greeters – **Lynnette Jensen, JoAnn Kovar**  
Ushers – **John Kovar, Don Boyle**  
Communion Setup – **Kris Miles**  
Communion Servers-  
Tech – **Bruce Boeke**  
Fellowship – **Property Committee**

#### **Worship Assistants Next Week (10/3/2021)**

Assisting Minister – **Janeen Christy**  
Reader – **Laurie Evans**  
Greeters – **Don Boyle**  
Ushers –  
Communion Setup – **Kris & Daniel Andersen**  
Communion Servers- **Laura Frescoln**  
Tech – **Kris Parsons**  
Fellowship – **Pine Ridge & Tanzania Teams**

### **~PRAYERS~**

**Troy Eagen** (Sharon Anderson's son-in-law), **John Litzel**, **Libby Litzel Gull**, **Mark Ekeren** (brother of Sarah Buck), **Jane Ellis**, **Wayne Thompson** (brain tumor), **Marilyn Saunders** (Gene Pollmann's sister), **Alice Becher** (Stephen Loucks' mother), **Marjorie Allison**, **Gene Takle**, **Lou Jordan** (Dagmar Frank's cousin), **Nancy Owen** (Carol Putz's cousin, battling cancer), **Susan** (Glynn & Dagmar Frank's daughter), **Roxanne Labandz** (niece of Alice Thompson), **Pat Fawcett**, **Kolleen Tweed Sogard** (daughter of Violet & Maynard Tweed), **Robert Pollmann** (Gene Pollmann's brother), **Harlan Baker**, **Stuart** (cousin of Dagmar Frank), **Forrest & Joan Dubberke**.

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, of Pine Ridge Reservation, and of the Hedaru Parish in Tanzania and all communities throughout the world.

Please send any announcements, prayers, or updates to the office at [office@standrewsames.org](mailto:office@standrewsames.org) or call 515-292-2131.

~LOCAL~

#### **Martha's House of Hope Fundraiser**

Martha's House of Hope, a home in Ames for expecting mothers, is partnering with the Rustic Rose Barn in Roland for an upcoming fundraising event. Sunsets at the Rose, a Farm to Table event, will be held on Saturday, September 25th from 6 – 10 pm at the Rustic Rose Barn at 3275 400th Street in Roland. Tickets are \$45 and must be purchased in advance at [www.marthashouseofhope.org/upcoming-events](http://www.marthashouseofhope.org/upcoming-events) or by calling Missy Sanow at (515) 337-0618.

~SYNOD~

#### **WE ARE THE BODY OF CHRIST: Presiding Bishop Eaton's September Message**

There was once a time when two distinct peoples were trying to comprehend how they could be one people. One was a millennia-old people who had persevered through enslavement, oppression and exile. And they still preserved their identity and trust in God. They believed that God had blessed them to be a blessing to all humanity even when the rest of humanity reacted violently against them. They believed that God had made an everlasting covenant with them and had given them a sign of that promise. [Read more here ... \( https://www.livinglutheran.org/2021/09/we-are-the-body-of-christ/ \)](https://www.livinglutheran.org/2021/09/we-are-the-body-of-christ/)

~NATIONAL~

#### **Lutheran Disaster Response Giving Opportunity to Aid Hurricane Ida Relief**

Hurricane Ida hit New Orleans on August 30 as a category 4 hurricane, 16 years after Hurricane Katrina devastated the area. Lutheran Disaster Response is working with local ELCA synods and Lutheran social services to provide immediate needs such as food, basic necessities and temporary housing. But they need your help. 100% of your donations to the hurricane response-U.S. line go directly to assist those affected by the hurricanes. Go to this link <https://community.elca.org/hurricane-relief> to give to Hurricane Response – U.S.