

the

Wellspring

Out of the believer's heart shall flow rivers of living water
John 7:38

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Bethesda Lutheran Church
GATHER...GROW...GO



On Living in Gratitude and Generosity

~Chris Cowan, Interim Associate Pastor

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God.” - Colossians 3:16

Over the years, we who are in Christ have learned that gratitude and generosity have a reciprocal relationship. Those who are grateful are often generous, and those who are generous grow in their experience of gratitude.

Recently, in the Synod E-Newsletter, the following article appeared:

“Donate your worship supplies to help congregations in Liberia. Does your congregation have extra worship supplies? The Lutheran Churches in Liberia face significant challenges due to limited resources and are seeking support through donations. Specifically, we are requesting:

- *Old communion sets*
- *Vestments*
- *Paraments and lectern cloths*
- *Pastoral gowns, shirts, and clerical collars*

If your church or congregation has items of this nature that are no longer in use, they could serve as a tremendous blessing to our brothers and sisters in Liberia.”

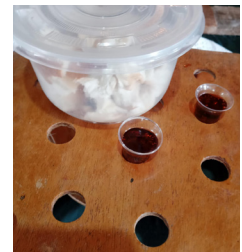
When I saw this article, I thought, wow, maybe this is an opportunity to reduce my collection of clergy shirts! After all, I am (semi) “retired”! In any case, I was giving too much houseroom to clergy shirts and stoles I wasn’t using. (Do you notice the focus on self and “what’s in it for me?” It seems that God can work even through our imperfect motives!)

I found that I had more than one communion set for home communions, too. The more I looked, the more items I found.



Then, I asked Pastor Bryan and members of our altar guild if they thought there were items we were no longer using at Bethesda. As a result, two boxes of older vestments, linens, and communion ware, including six old communion distribution trays, were collected from the lower sacristy.

When Suah Borsay, who had placed the ad in the Synod News, came to Bethesda to collect our offerings, she shared that her sister is a pastor in Liberia. Previously, Suah and her husband had been collecting layette kits for newborns and sending these to her sister. But this year, her sister asked for church materials, saying that the Liberian churches do not have even the basics we take for granted for worship. When I showed her the six communion trays Bethesda no longer needed, Suah was so excited! She took out her phone and showed me that the Liberian pastors make their trays out of cardboard, with little holes cut in the cardboard to hold the communion glasses.



This shows that we are simply unaware of how much we have been blessed and the needs of our neighbors. Of course, the most significant thing we share with our siblings in Christ is our faith and trust in Jesus. Wherever two or more are, Christ is there among them, and I have no doubt that the Spirit can move mightily in congregations with little means. Nevertheless, it is a blessing that goes both ways when we can be of help.

This experience reminded me to be grateful for what we have here to enhance our worship, and I hope it encourages all of us to live generously.

*Chris Cowan
Interim Associate Pastor*



Council Update

~ **Mif Grotnes**, Council President

Greetings, Bethesda family!

My name is Mif Grotnes, and I am honored to serve as the President of the Congregation this year. My wife, Barb, and I are grateful for this opportunity to be part of this community. We have two grown children and four grandchildren, and Barb is hoping for great-grandchildren- so feel free to spread the word. Since moving to Ames and joining Bethesda in 2017, we have been blessed to meet and work alongside many dedicated individuals. I am committed to leading our congregation with integrity and dedication.

The council will be working on the following items during the next year:

Our biggest focus remains on calling an associate pastor. We continue to work closely with the synod office to find the right candidate who will meet our congregation's needs and help us grow in faith and service. While the process has taken longer than we hoped, we are committed to finding the right person for this vital role.

We will implement our five-year plan, ensuring that Bethesda remains a vibrant place of worship, fellowship, and outreach. This plan provides a roadmap for growth engagement, and sustainability in our ministry.

Our Commitment to serving the Ames Community remains strong through vital programs such as:

- The Community Food Pantry – Providing nourishment to those in need.
- The Community Clothing Closet – Offering clothing to individuals and families

- Saving Suds – A laundry ministry that helps ensure dignity and cleanliness for our neighbors

These efforts make a meaningful impact, and I encourage everyone to get involved in any way they can.

The fourth point the council is focusing on this year is sustaining church communication and engagement.

One exciting improvement has been the installation of our new operational display in front of the church. Thanks to the hard work of the committee during the past year, this sign now highlights important events and keeps the congregation and community informed.

I am truly honored to serve in this role and look forward to continuing our mission together. Please keep our church, our ministries, and the search for our associate pastor in your prayers.

Blessings,

Mif Grotnes
Council President





Oasis Confirmation 2024 - 2025

~ **Nancy Ewing**, Oasis Ministry Team Leader

Bethesda has fifteen 6th, 7th, and 8th graders participating in our Oasis Confirmation this year. Like Splash Children's Church, our Oasis Confirmation program has taken on a different look. We have been following the Faith Inkubators, Head to the Heart (H2H) confirmation ministry.

Head to the Heart (H2H) is an integrated approach to confirmation ministry. More than a program or curriculum, H2H intersects the head (knowing God's promised story) and the heart (living God's story). This intersection is the very center of our baptismal promise. The H2H faith formation system weaves in critical thinking, a system of care, and creative faith practices while growing connections in Christian community.

The H2H system includes:

- **Confirmation learning elements** based on adolescent brain development research, including object lessons that teach engaging PowerPoint visuals, art, music, skits, and game shows. The comprehensive menu of over 100 relevant teaching options allowed us to pick and choose what works best in our unique setting.

Our Learning events (LE) are led by Pastor Bryan and are extensions of the scriptures that we also hear at our Living Water Wednesday services. This year, Pastor Bryan has chosen to focus on the Life of Jesus and Lutheran Life. We schedule two LEs per month.

- **A culture of deep connection and care** created in small student peer groups led by trained, committed adult Guides.

This year's adult guides are Scott Smyth, James Harriman, Gretchen Moser, and Nancy Ewing. Our guides lead the small group discussions during the Learning Events and accompany the youth at their Service and Fellowship Events. Volunteering to be a guide is a huge commitment to the Head to Heart program, and these volunteers have been building relationships with our Oasis students throughout the year. They are a huge part of this program's success, and we are grateful for their service.

- **An authentic relational/experiential model for adolescent faith formation.**



With Head to the Heart, young people experience meaningful action/reflection, empowering them to live what they learn and stay engaged long after they are confirmed!

Our Fellowship Events allow for fun and relationship-building. We have had game night parties, gone bowling, and will bring in the Lutheran Lakeside staff to lead us in an overnight lock-in close to Easter.

This year, five of our students will complete their confirmation journey. They have been working with their mentors and Pastor Bryan and plan to be confirmed the weekend of May 3 and 4. It has been an exceptional year with our Oasis Confirmation students! Seeing these young people grow in their faith is rewarding as we help guide them in knowing and living God's promised story.

Nancy Ewing

Oasis Confirmation Ministry Lead





FLOOD High School Youth Group

~**Bryan Simmons**, Lead Pastor

Every Wednesday night at 8 p.m., the Youth Room comes alive with laughter, energy, and meaningful conversation as FLOOD—our high school youth group—gathers for a time of connection, fun, and faith. With a mix of wild games like Traffic Jam, Trash Can of Doom, Count to 20, What If?, and the ever-intense Death Ball, there's never a dull moment.

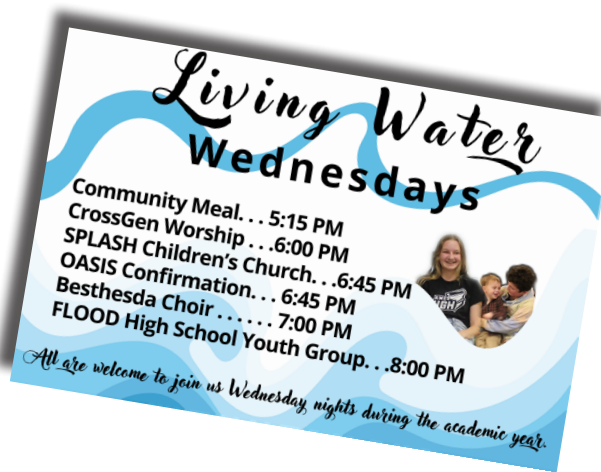
Beyond the games, FLOOD is a place where high schoolers can be real with each other. We take time to share the highs and lows of our week, encouraging one another in whatever joys and challenges life brings. It's a space where students know they're not alone, where friendships grow deeper, and faith becomes more personal.

I lead a discussion on why Jesus matters in our everyday lives each week. We tackle real-life topics, exploring how faith shapes our decisions, relationships, and outlook on the world. And, of course, no youth night is complete without free snacks and drinks to keep us fueled for the fun and conversations!

Attendance has been steady, with 6-10 high schoolers joining each week, and it's been exciting to see a few students invite their friends. Looking ahead, I hope to host a lock-in toward the end of the programming year—an overnight event filled with games, worship, and plenty of late-night fun!

If you're a high schooler looking for a midweek boost, come check out FLOOD. We'd love to have you join us!

*Yours in Christ,
Bryan Simmons
Lead Pastor*



Attend the Lenten Soup Suppers

~**Bethesda Staff**

The Lenten season is almost upon us and we invite you to Bethesda's Lenten Soup Suppers beginning Wednesday, March 5th through Wednesday, April 19th. Each week different ministries or groups from Bethesda will be hosting each supper. The Bethesda Choir will be hosting the first supper. Thank you to Joyce O'Donnell and the Congregational Life and Care Board for organizing this effort. We hope to see people of all ages in attendance for the Lent Soup Suppers at 5:00 PM before we begin worship at 6:00 PM.

Update on Our Venezuelan Family

~Diane Pierce, ASIP

Here is a quick update on our Venezuelan family. They are making tremendous progress in becoming self-sufficient. Since the last update, Jose and Yennyfer have driver's licenses. They have a car that they are making payments on and, of course, car insurance. They are paying their everyday expenses, and in January, they started paying their utilities. We are still paying the rent, but hopefully, they will be completely self-sufficient before their court date.

We are trying to prepare the family as much as possible for this Administration. Jose carries a backpack with his papers in it at all times. They have the Know Your Rights Red Cards and know what to do if ICE comes to their door. We have passed on other information to hopefully keep them safe. Our Venezuelan family came in legally through the CBP (U.S. Customs and Border Protection) app and passed their credible fear test to enter the U.S. with a court date. Unfortunately, this Administration doesn't seem to care whether they come in legally or not.

We are uncertain what will happen at this point, but we have a good lawyer for our family. We welcome your prayers. They are needed now more than ever! Thank you for the love, generosity, and support you have shown and continue to show for this family.



Fellowship's Busy Fall & Looking Forward

~ Bethesda Staff



February has been busy for fellowship groups! To kick off the month, a BINGO Party was held, the Ladies' Lunch Bunch met at a local restaurant for their monthly get-together, and O.W.L.s (Older Wiser Lutherans) held their monthly gathering in the Commons with guest speaker Allison Smyth, District 1 Engineer with the Iowa DOT, who spoke about current and upcoming road projects in central Iowa.



Looking ahead, we're excited to see our fellowship groups continue to flourish in different ways. While O.W.L.s is not

meeting in March, there are plenty of other things to get involved in; just ask!

The Bethesda Book Club will be meeting **March 6th at 7:00 PM** in the Crossroads to discuss *Mother, Nature* by Jeddiah Jenkins and on **April 3rd**, again at **7:00 PM in the Crossroads**, they will be discussing *No Longer Keeping The Peace* by Reverend Sam Houser.



In addition to the Bethesda Book Club discussing *No Longer Keeping The Peace* by Reverend Sam Houser, Houser will be coming to Bethesda **Saturday, April 5th at 1:00 PM** to discuss their work, which allows readers to explore the intersections of trauma, faith, and healing through the stories of women clergy, at a deeper level.

If you wish to purchase Reverend Sam Houser's book prior to the author's visit on April 5th, you can do so at <https://tinyurl.com/RevSamHouserBook>. Otherwise, copies of Reverend Houser's book will be available to purchase in-person on April 5th.



The Icon in the Sanctuary

~ **Chris Cowan**, Interim Associate Pastor

You have probably noticed this icon near the Baptismal font in the sanctuary. This is a special kind of picture of Jesus called an icon. Icons are common in Eastern Orthodox Churches and provide an ancient way of praying. Back when most people could not read, icons provided a sort of visual Bible to help people to learn about God. That is why it is said that an iconographer does not *paint* the icon, but instead *writes* the icon.



Icons follow a prescribed pattern, which is believed to have been inspired by the Holy Spirit. The iconographer is expected to follow the pattern, and to be in prayer while writing the icon.

This particular icon is called Christus Pantocrator. Pantocrator is a Greek word, and means Lord of All, so the icon proclaims that Christ is the Lord of All. You can see that Jesus holds the New Testament in his left hand and blesses those who look at the icon with his right hand. His head is surrounded by a halo, which is a visual cue of his holiness. The letters inside the halo in Greek mean “The One”, and signify that Christ is the Lord of Life – He is The Living One, the source of our life.

The first Pantocrator icon we know of was written in the 700s, and still exists in St. Catherine’s monastery on Mt. Sinai. The Christus Pantocrator in our sanctuary was inspired in 2005 and written during Lent in 2006 by the hand of Pr. Chris. In fall of 2006 it was given to Lord of Life Lutheran Church in Ames. When Lord of Life went through Holy Closure last spring, the icon was gifted to Bethesda, and today we introduce it to you.

People pray in many different ways. One way is to pray in the company of an icon, gazing at it in silence. We are not praying to the icon. That would not be right, because we don’t pray to things -we pray to God alone. But we can pray in the company of the icon. It is not uncommon for people to light candles and sit for a period of time to gaze upon an icon and to pray in that way. An icon is sometimes referred to as a window into heaven, and gazing upon the icon is a practice similar to the face-to-face gaze of love we sometimes share with others, for instance newborn infants. A pastor once said to me, “may you always see Christ in your mind’s eye gazing upon you with love.” Prayer in the presence of an icon of Christ can remind us of Jesus’ constant love.

Chris Cowan
Interim Associate Pastor

Calling Bethesda Women: Join us for Bible Study!

~ **Laura Miller**, Women's Gather Bible Study

If you're looking for someplace to explore the Bible, discuss how it relates to your life and front-page news, and enjoy the fellowship of other women, we have a spot for you!

Bethesda hosts a monthly Bible study in the church conference room (#119) on the fourth Thursday morning of every month, with the exception of November and December, then we meet on the third Thursday of the month to account for the Thanksgiving and Christmas holidays. This has been a long and strong tradition at Bethesda. The ELCA furnishes excellent resources for these studies, which are printed in Gather magazine (a publication of the Women of the ELCA).

What kind of resources are offered at Women's Gather Bible Study?

- A multi-page study, often part of a series over several months
- A leader's guide
- Thoughtful discussion questions and a video where you hear from the study's author.

Bethesda receives multiple copies of the magazine, which is published six times a year (check the Welcome Center for a copy). Studies are also posted on the web in a form you can download and print free of charge, making it convenient for you to access the resources at your own pace and time.

The current study is about faithfulness. This summer, we'll look at Healthy Relationships in a three-session study. In the fall, Rev. Dr. Christa von Zychlin (former pastor at Bethesda) wrote a three-session study on Money, Stewardship, and Generosity (her 10 Commandments study in 2023 was a winner!). In December, an Advent devotional awaits us. With such a variety of topics, there's something for everyone to engage with.

Please join us! Here's the kicker: If the Thursday morning time slot doesn't work for you, set up your own study with friends and neighbors. The Women of the ELCA has provided the basics – you just need a moderator and someone to gather everyone together. Self-study is okay, but as Jesus said, "Where one or two are gathered in my name," the results can be powerful.

If you're curious, pick up a Gather magazine, come to our next study on March 27, or organize your own group. To learn how to get started, contact Laura Miller at lwmliller0@gmail.com. We look forward to welcoming you to our community.

Laura Miller





Music at Bethesda

~ **Randy and Nancy Ewing**, Co-Directors of Music

Advent, Christmas, Lent, and Easter are busy times for everyone, and church musicians are no exception. As we prepared and awaited the birth of Jesus, we also prepared for the return of the Bethesda Christmas Festival. We are deeply grateful to everyone who helped, participated, and attended the wonderful afternoon of music, crafts, photos, treats, and fellowship! The 2024 Bethesda Christmas Festival was a huge success, and it was all thanks to your support and participation.

Ash Wednesday marks the beginning of the Lenten season. The weekly soup suppers will begin at 5 pm on Wednesdays in the Commons, with the Holden Evening Prayer Service following at 6 pm in the Sanctuary. Bethesda Adult and Carillon Choirs are preparing beautiful and inspiring anthems for the Lenten journey and the Easter Sunday celebration. If you've ever thought about joining either or both groups, now would be a great time to give it a try! Bethesda Choir rehearses on Wednesday evenings from 7:00 to 8:15 pm, and the Carillon Choir rehearses on Thursdays from 6:00 to 7:00 pm, both in the Music Room.

Mark your calendars and get ready to be part of this year's Good Friday Tenebrae: A Musical Service of Darkness. The service's structure and music will be similar to the past two years, but we are excited about some changes that will further enhance this moving experience. We can't wait to see you all on **Friday, April 18, beginning at 7:00 pm.**

Randy and Nancy Ewing
Co-directors of music

Saving Suds Needs Volunteers

~ **Bethesda Staff**



Volunteer Duties



SCAN ME

Saving Suds is in **DESPERATE** need of two to four volunteers to take over the operation for this ministry to continue at Bethesda. If we do not have any volunteers for February onward, Bethesda will no longer be able to partner in this ministry with St. Andrews Lutheran Church. If you are able to volunteer at least an hour and a half of your time, either from 3:45 PM - 5:15 PM or from 5:15 PM - 7:00 PM, the first Thursday of every month, please consider being the people to let this ministry continue as it is highly utilized within the community. If you are wanting to volunteer, or recommend

volunteering to a friend, but are unsure what volunteering entails, fret no more! Head to <https://tinyurl.com/SavingSudsDuties> or scan the QR code to see what the volunteer positions entail.

To volunteer, head to <https://tinyurl.com/VolunteerForSavingSuds> or scan the QR code below to select which date and time you would like to volunteer.



SCAN ME



The Larger "We"

~ **Chris Cowan**, Interim Associate Pastor

We are Lutheran Christians. We see ourselves as connected with other Lutherans in Ames and also with others in the Synod. We also sometimes think of ourselves as part of the larger ELCA. These three expressions of church – local church, synod, and church wide - come most easily to mind as we consider our church. But there is more. Working with other Lutheran churches, we do some mighty work through Lutheran Services.

Recently you may have seen an interesting message on a tee shirt. It identifies the wearer as “just another member of the Lutheran Crime Syndicate.” This is one snarky way of countering the baseless accusations by Michael Flynn, echoed by Elon Musk, that Lutheran service organizations were in the business of money laundering – a slanderous defamation of the amazing outreach work of Lutherans across the country. There certainly isn’t any money laundering going on! But there is a whole heaping lot of good work.

So, what is really going on in our service organizations? If you go to the website of Lutheran Services in Iowa (<https://lsiowa.org/>), you will find the following mission statement:

“OUR MISSION: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service.”

The website describes LSI as connected to the ELCA, as follows:

“LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations.”

If you would like to see LSI in action, I would encourage you to attend Lutheran Day on the Hill. Once a year, LSI leads Lutherans in advocacy at the Iowa State House. LSI is poised to do this because of its many programs supporting people of all ages in Iowa. LSI provides background information and talking points for you to personally engage with your legislators about how we can best support Iowans in need. This year’s event is **Tuesday, March 11**. A group is going from Bethesda. Consider joining us!

You might ask, “What about LIRS?” Lutheran Immigration and Refugee Services has been renamed Global Refuge. On the Global Refuge website, we read about the mission of the organization, which focuses on refugee resettlement. It says, “For more than 85 years, Global Refuge (formerly Lutheran Immigration and Refugee Service) has provided the resources, guidance, and community to help forge a way forward for New Americans. We’re committed to helping people reimagine the possibilities while providing a soft place to land. With more than 1,000 partners and 50,000 volunteers, we are the largest faith-based national nonprofit exclusively dedicated to helping restore a sense of home to immigrants, asylum seekers, and refugees. Since 1939, we’ve built a legacy of compassion by walking alongside more than 800,000 new neighbors as they rebuild their lives in the United States.”

The Stop Work order issued in January affects over 6000 newly arrived refugees. The sudden ending of federal support means that these individuals and families face the possibility of hunger and even homelessness. And for those whose flights were canceled by the Federal Government, they were ready to leave behind their old life and now are homeless, hungry and in danger in their own countries. Both LSI and Global Refuge very much need our continued financial assistance during this time in which federal assistance is limited, to carry out their

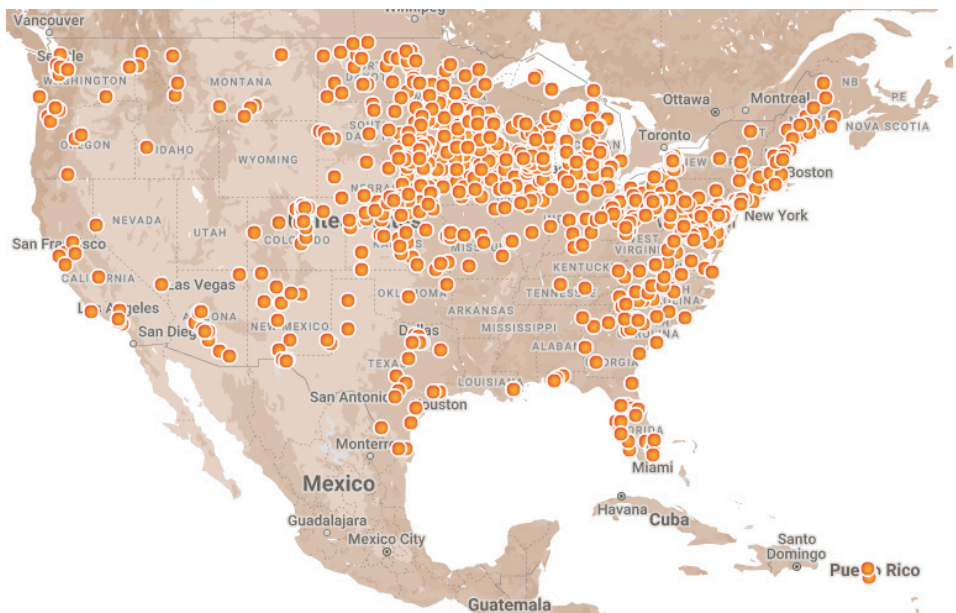




mission of caring for “the least of these.”

If your curiosity prompts you further, you can go to the website of Lutheran Services in America (<https://lutheranservices.org/>). There you will learn that Lutheran Services in America is “a network of over 300 health and human service organizations empowering 6 million people over 1400 communities.” These services reach one out of every 50 Americans. Lutheran Services in America has 27 member organizations in Iowa alone. Among them are organizations you would recognize including LSI, Bethany Life Communities, Madrid Home Communities, and UnityPoint Health.

If you want to explore the work of Lutheran Services in America online, head to <http://www.tinyurl.com/LSIowa> for an interactive map showcasing all of the locations of partner organization. Alternatively, a screenshot of the the interactive map has been provided below.



Recently, the federal government’s Office of Management and Budget called for a funding freeze on all US federal grants and loans. Although lawsuits were filed that led to the freeze being halted by a federal judge, concerns continue. The action is a threat that has had significant impact on the work of Lutheran service organizations along with other essential service organizations like Church World Service.

When you think of Lutheran Services, in America and particularly in Iowa, you can hold your head high. Much good comes through these organizations in the name of our Savior. You can donate to our service organizations directly as a passthrough on our Bethesda website. May God continue to help us as we seek to serve “the least of these” in the name of Christ. Amen.

*Chris Cowan
Interim Associate Pastor*



March 2025 - LSI Clinical Services Team

“I love it when a whole classroom of middle schoolers run down the auditorium hallway for an LSI class shouting ‘April!’ with excitement, ready to learn about healthy relationship skills and self-esteem,” said April Howe, a Program Supervisor for LSI’s Clinical Services team.

Our LSI Clinical Services team provides various local community programs in schools across Iowa. Whether it’s mental health therapy or programs providing teen pregnancy education, they all share the goal of wrapping care around adolescents at a local level.

Specifically, April and her team conduct two community programs in nine northwest Iowa counties: Community Adolescent Pregnancy Prevention (CAPP) and Personal Responsibility Education Program (PREP).

CAPP supports and educates Iowa youth by providing sexual health and pregnancy prevention classes for healthy and successful relationships. PREP helps youth build social, emotional, and life skills to develop a positive sense of self and to connect with peers in their community. PREP utilizes the Teen Outreach Program and Wise Guys evidence-based curriculum.

“Thank you for teaching our class and taking time out of your day to come to our school. I learned a lot about healthy relationships and how to handle my anger and other emotions. You opened my eyes to my family’s habits and what I want to take with me when I have a family of my own.” – High school student to LSI staff member

“The letters that high school students write to our staff about what they learned in class and how they will use the knowledge in their everyday life shows the programs’ tremendous impact,” said April. “We meet the youth where they are at, but also encourage healthy decision-making along the way, which plays a huge role in making prevention education successful.”

Furthermore, April’s team encourages conversation and participation by providing incentives in the classroom, such as packaged snacks and other LSI materials. “When it comes to engagement in the classroom, I always say, ‘When their stomachs are full, their brains are full,’” shared April with a smile. “Some students would skip school all day, but they show up to the last class of the day, taught by LSI. That, right there, is a win for my team.”

April’s team has seen significant success in response to their CAPP and PREP community programs. Based on a post-program evaluation, 96% of students in the CAPP program reported that they learned “some” or “a lot” that they didn’t already know about sexual health topics, and 53% agreed that they are now more likely to start conversations about these topics with others.

“Pregnancy rates have dropped over the last four years in many of our counties served, proving our services are making a difference in our communities,” said April. “Reaching the youth on their level and prioritizing prevention makes our program successful.”

For more information, please contact Deb Whitford, LSI’s Director of Philanthropy and Church Relations, at Deborah.
Whitford@LSIowa.org or 563-676-2065.

LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at LSIowa.org and facebook.com/LSI.iowa.



Do Social Services Agencies Attract the Homeless?

~ **William Stodden**, *Good Neighbor Emergency Assistance Executive Director*



good
neighbor
emergency assistance, inc.

Recently, due to the increasing numbers of unhoused individuals in Ames and Story County, there has been discussion in the press about the existence of social services agencies in certain neighborhoods, and the misconception that agencies trying to help those who are hungry and unhoused simply attract more people who are hungry and unhoused to our neighborhoods and communities.

Some have gone so far as to advocate on various public forums that social services agencies, like Good Neighbor Emergency Assistance (GNEA), stop offering to assist because that will somehow end homelessness and hunger in our community.

We should be aware that the reason social service agencies exist is because the problem of homelessness and hunger exists first. Good Neighbor, for example, tries to help people stay in their home, keep their lights on, and keep food on the table in emergencies. But until we do a better job, as a community of addressing the causes of hunger and homelessness, there will continue to be a

need for agencies like GNEA.

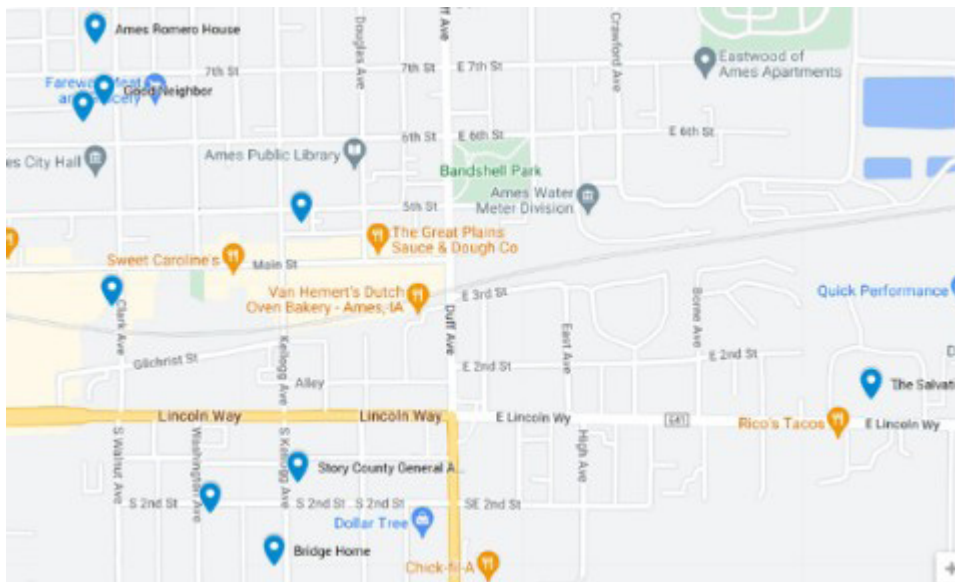
GNEA is a homelessness prevention agency. I would invite those who think social agencies are bad for the neighborhood to come in and volunteer for a few days at one to see the good we do for our neighbors in Ames and Story County.

If you have questions about this, please email director@gnea.org.

William Stodden

Good Neighbor Emergency Assistance Program Executive Director

Homeless and Hunger Resources in Central Ames





Help Bethesda Buy Additional Soup Bowls

We are purchasing additional bowls for continued use as we continue into 2025. While we have some of the new bowls already, we need to buy some additional to ensure there are enough for everyone.

If interested in assisting with this effort, free will monetary donations can be made to Bethesda Lutheran Church via check and putting "soup bowls" in the memo line or via cash. Whatever amount you feel called to donate would be appreciated. The free will monetary donations can be dropped off in the church office.

Thank you!

Lenten Soup Supper Hosts



Mar. 5 . . . Bethesda Choir

Mar. 12 . . Church Council

Mar. 19 . . Bethesda Staff

Mar. 26 . . . CYEB


Apr. 2 . . . Women's Ministries

Apr. 9Boy Scout Troop #140



Lent Soup Suppers @ Bethesda

Wednesdays March 5 - April 9
Soup Supper... 5 PM
Worship..... 6 PM



Baking Workshop

Sunday, March 23 | 12 PM | Bethesda Kitchen

Bethesda Women's Ministries invites bakers of all skill for a fun afternoon of baking and fellowship
Sunday, March 23rd at 12 PM in the Bethesda Kitchen.



Community Easter Egg Hunt!

Saturday, April 12
10:00 – 11:30 am
@ Bethesda Lutheran Church
(1517 Northwestern Ave.)



The Wellspring magazine is published quarterly by Bethesda Lutheran Church, a Congregation of the Southeastern Iowa Synod, Evangelical Lutheran Church in America

1517 Northwestern Avenue | Ames, IA 50010-5299 | 515.232.6256
contact@BethesdaAmes.org | www.BethesdaAmes.org

WORSHIP SCHEDULE

Saturdays @ 5:30 pm | Wednesdays 6:45 PM | Sundays @ 9:30 am
 Livestreamed at www.bethesdaames.org and Facebook [BethesdaAmes](https://www.facebook.com/BethesdaAmes)

- | | |
|---|--|
| Lead Pastor Bryan Simmons
bsimmons@BethesdaAmes.org | Saturday Night Music Leader
Ed Kaizer
kaizerjazz@gmail.com |
| Interim Associate Pastor - Christine Cowan
ccowan@BethesdaAmes.org | Administrative Specialist
Lynn Anderson
ljanderson@BethesdaAmes.org |
| Council President
Mif Grotnes
mgrotnes@mchsi.com | Director of Marketing and Communicatuins
Tess Hanson
thanson@BethesdaAmes.org |
| Council President-elect
Donna Scherr
donnaScherr@msn.com | Accounting Manager
Clifford McDonald
cmcdonald@BethesdaAmes.org |
| Co-Director of Worship & Music
Randy Ewing
rewing@BethesdaAmes.org | Children's Church Coordinator
Elsa Page
epage@BethesdaAmes.org |
| Co-Director of Worship & Music
Nancy Ewing
newing@BethesdaAmes.org | Bookkeeper
Cathy Wright
cwright@BethesdaAmes.org |
| Assistant Organist
Mary Nelson
mnelson@BethesdaAmes.org | Assistant Custodian
Curtis Malone |



We invite you to join our community, which is committed to inclusion, racial equity and anti-racism. We share in God's abundant grace knowing that we cannot be separated from the love of God by our age, race, ethnicity, gender identity, gender expression, sexual orientation, marital status, political beliefs, socioeconomic status, physical or mental abilities or faith background.

For more information on our inclusivity visit:
<https://www.reconcilingworks.org/RIC/>

NOTE: please contact Tess Hanson at 232-6256 or contact@BethesdaAmes.org with requests / comments, or to submit an article for the Summer Issue (Deadline Tuesday, May 5).

Bethesda Lutheran Church
 1517 Northwestern Avenue
 Ames, Iowa 50010

www.BethesdaAmes.org

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WORSHIP

WEDNESDAY 6:00 pm
Lenten

SATURDAY 5:30 pm
Modern

SUNDAY 9:30 am
Traditional

All are welcome!



Tues, March 4..... 6:30 pm
Mardi Gras Beer & Hymns @ Torrent Brewing

Wed, March 5..... **Ash Wednesday Worship**
Soup Supper 5:00 pm
Worship 6:00 pm

Wed, March 5–April 9 **Lenten Services**
Soup Supper 5:00 pm
Worship 6:00 pm

Sat, April 12..... 10:00am–11:30 am
Community Easter Egg Hunt

April 12/13 5:30pm/9:30 am
Palm Weekend

Thurs, April 17 7:00 pm
Maundy Thursday Worship

Fri, April 18 7:00 pm
Good Friday Worship

Sat, April 19..... 5:30 pm
Easter Vigil Worship

Sun, April 20 **Easter Sunday**
Breakfast 8:00 am
Worship 9:30 am

