



March 2017  
Volume 63, No. 3

FIRST BAPTIST CHURCH  
200 Lynn Ave.  
Ames, IA 50014-7188  
Worship Sundays 9:45 am

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First Baptist Church is an open and caring family of faith where worship is central and faith engages both heart and mind. We are warmly ecumenical, delight in our diversity, and cherish our Baptist heritage of freedom. We are called by Christ to share God's love with the campus, community, and the world.

As we seek to follow the way of Jesus, we welcome all people to fully participate in our fellowship: all ages, colors, backgrounds, political affiliations, and physical and mental abilities; male and female, gay and straight, rich and poor, single and married. We are all God's children, and all are welcome here.

## Pastor's Word

The season of Lent is here, and as a church we will be observing this season in various ways. We will begin with an Ash Wednesday service. This service is in a very different style than most of our worship, with prayer, silence, meditative music, and ashes. The change of pace and the reflective atmosphere is a good way to enter into this season.

There are opportunities for study, with a Lenten study meeting every other Wednesday evening at 6 pm beginning on March 8. We will be reading together Anne Lamott's book, *Help, Thanks, Wow*, as we think together about the nature of prayer.

There will also be opportunities for service. Ten members will head to Oklahoma over spring break to work at the Murrow Children's home. Those who are not going to Oklahoma can support those going through prayer and financial support.

Another possibility for involvement in this season: our choir will be presenting a cantata on Palm Sunday. If you are not regularly a part of the choir but would like to join for this season and sing in the cantata, this is your chance!

While there are a variety of ways to make this season more meaningful through our participation in our church community, I want to share a few thoughts on observing Lent on a more personal level. We often think of "giving something up" for Lent as a spiritual discipline, and that may be something you want to do, but there are a lot of other disciplines that we may find meaningful and helpful.

My thoughts on this were spurred by an article by Margaret Marcuson, a church consultant, American Baptist minister, and colleague in the American Baptist Ministers Council. Several of these ideas are hers. Here are six ideas for personal reflection and growth during Lent. (I'm sure you may have others).

**1. Write a thank you note each day.** Send an email, or better yet, a handwritten note to thank someone who has blessed you. This might be someone in the church, a friend or family member, a "public" person who has inspired you through their service, or someone from your past.

**2. Engage in a "news fast."** Take a break from reading, watching and listening to the news. While this is very difficult in our 24/7 culture, this could be a wonderful gift to yourself in our current climate, and a great thing to do for your spiritual life. Of course, we want to be informed about what is going on but don't worry; if something big happens, you will definitely hear about it. You might take more to pray for our nation and our world instead. If this sounds just too difficult, you might just check in on Sundays, or get your news only through newspapers for 40 days.

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**3. Related to the above: take a break from social media.**

**4. Give of yourself every day.** This might happen in various ways. You might perform an act of kindness each day ([click here](#) for ideas). You might give at least a small amount of money every day. Be creative!

**5. Give away something every day.** How much stuff do you have around that you don't need? How much of it could be useful to somebody? Each day, fill a bag (of any size) or set aside something to donate to Goodwill, the Salvation Army, the library book sale, or some other charity. Instead of giving up chocolate, you could choose to give up clutter!

**6. Be intentional about reading the Bible every day.** For those not in the habit of regular Bible reading, why not give it a try? You might want to read through the book of Luke, which we are working our way through in worship. You might read a Psalm or two every day. The point is not to get through the reading as quickly as you can and check it off, but to take time to reflect and meditate on the scriptures.

I am looking forward to our worship together and all of the possibilities of our life together in this season of Lent. And I pray that this season will make the joy of resurrection that much deeper.

Blessings,  
Dave



### It's a Boy!

Congratulations to Chris and Catie Parrish on the birth of a son, Samuel Frances Parrish. Samuel arrived on March 1 at 4:01 am weighing 8 lb 14 oz and measuring 20 1/4". He joins big brother Henry. Proud

grandparents are Bob and Rita Parrish.



#### March 5:

*Worship Leader:* Joyce Davidson  
*Ushers:* Bob Parrish\*, Kent Johnson  
Jan Thompson, Wallace Sanders  
*Sound System:* Bob Parrish

#### March 12:

*Worship Leader:* Joe Parrish  
*Ushers:* Michael Thompson\*, Jill Grauman  
Nancy Maydew, Kaylenn Taggart  
*Sound System:* Tom Logue

#### March 19:

*Worship Leader:* Jere Maddux  
*Ushers:* Dianne Borgen, Jerilyn Logue  
Tom Logue, Jon Pritchard  
*Sound System:* Kent Johnson

#### March 26:

*Worship Leader:* Catherine Parrish  
*Ushers:* Scott Anderson\*, Julie Johnston  
Jere Maddux, Tiffany Nugent  
*Sound System:* Tom Logue

**Flowers for March:** Jan Thompson



Jack Cleasby	1
Michelle Leininger	8
Caimbrie Parrish	8
Joseph Core	9
Pat Johnson	17
Gretchen Anderson	18

### Change Your Clocks!

Remember to set your clocks one hour ahead on Saturday, March 11.



## Tenth Annual Cook-Off

Our cook-off was held on Sunday evening, February 26. With a theme of “Test Kitchen,” participants brought a dish that they had never made before. We had a total of 25 entries and a great crowd of folks who enjoyed sampling the entries – as least, as many entries as they could! Winners included:

**First place:** Phyllis and Larry Schrag, Sadie’s Rhubarb Delight

**Second Place:** Annalee O’Connor, Stuffed Mushrooms

**Third Place:** Barbara Woods, Baklava

**Fourth Place:** Catherine Parrish, Scratch Angel Food Cake

**Special Recognition:** Dale Grauman (Baked Rice with Shallots, Garlic, Curry Leaves and Saffron); Stegemöller family (Lavender Cupcakes)



Thank you to everyone who worked hard to prepare delicious dishes and to all who sampled and voted on their favorites. We raised a total of \$467.19 for our Oklahoma mission trip.

## Spring Graduate Information Request



Are you or do you know of anyone who graduates this Spring? If so, please let the church office know. We will be honoring college and high school graduates in May. The church will also be acknowledging graduates in the Spire. Please call the church office 292-9612 or email us at [office@fbcomes.org](mailto:office@fbcomes.org)



## LENTEN CALENDAR

Ash Wednesday Service, 6:30 pm	March 1
Palm Sunday, Cantata 9:45 am	April 9
Maundy Thursday Service, 6:30 pm	April 13
Easter Breakfast, 8:30 am	April 16
Easter Sunday, 9:45 am	April 16

On **Ash Wednesday**, we will have a service at 6:30 pm including music, readings, prayer, silence, and imposition of ashes. We will meet in the lounge. We invite you to join us as we begin the season of Lent.

## Lenten Study Begins March 8

Many readers have followed Anne Lamott’s funny and perceptive writing about her own faith through decades of trial and error. In *Help, Thanks, Wow*, she has coalesced everything she knows about prayer into these fundamentals. It is these three prayers – asking for assistance, appreciating what we have that is good, and feeling awe at the world around us – that can get us through the day and show us the way forward.

Our study will meet every other week for three weeks – one session each for Help, Thanks, and Wow. We will meet at 6 pm on March 8, March 22, and April 5. We invite you to join us!



## Mission Team to Serve in Oklahoma

We will send a team to work at the Murrow Indian Children's Home in Muskogee, Oklahoma over spring break. Murrow is an American Baptist institution that serves Native American children in crisis. We will be doing work projects on the Murrow campus and have opportunities to interact with residents and staff. Team members include Barbara Woods, Kitty Vang, John Whitaker, Lorrie Whitaker, Adde Stegemöller, Lucy Stegemöller, Elizabeth Stegemöller, Aaron Stegemöller, Jere Maddux, and Dave Russell.

Funds raised at our cook-off will support the mission trip. Our children are collecting healthy snacks to send to



Murrow – this is one of the items on their request list.

**You can help** by contributing goldfish, pretzels, crackers, and granola bars. A collection box is in the narthex. You can also support our trip by praying for our mission team and for the work at Murrow.

## AMOS Delegate Assembly March 5

First Baptist is a member of AMOS (A Mid-Iowa Organizing Strategy), a congregationally-based community organizing organization that is working toward a community that works for everyone. AMOS will hold a delegate assembly on Sunday, March 5 from 3-5 pm at First Baptist Church of Greater Des Moines, 8250 NW 62<sup>nd</sup> Avenue in Johnston.

The meeting will include time to get to know leaders from AMOS institutions in Ames, Ankeny, Norwalk, and the Des Moines metro area; a training session on organizing house meeting campaigns in institutions; and a presentation by former AMOS Organizer Paul Turner, now the Supervising Organizer for IAF affiliates in our region. The gathering will look ahead to the "Neighbor to Neighbor" house meeting campaign in the fall.

For more information, or if you would like to attend with a group from our church, please see Jill Grauman or Pastor Dave.

# AMERICA FOR CHRIST OFFERING 2017

Your America for Christ offering is making life-changing impact through ministries and resources that vitalize the American Baptist congregations and communities across the United States and Puerto Rico with the hope of Jesus Christ. For more information, go to [www.abhms.org](http://www.abhms.org). We will receive the America for Christ offering through the month of March. Please give generously to this important ministry. You will find the giving envelopes in your bulletin on Sunday, March 5 and in the narthex.



## Thank You for Your Donations

Mid-Iowa Community Action, Inc. (MICA) serves a variety of families in many different ways – all their families have their own unique needs. A big thank you to everyone who donated items and money during February. Your donations are appreciated!

## Theologian-in-Residence Weekend

Join Ames United Church of Christ, 217 Sixth Street, March 4-5 for their 33<sup>rd</sup> annual Theologian-in-Residence Weekend: **God, Christ, and Religious Action: A Challenge to Your Beliefs and Actions.**

The speaker will be Harry T. Cook, nationally known theologian and religion commentator. He is noted for his provocative insights concerning the Bible, religion and social action. This event is offered free. A donation of \$30 is suggested to offset costs. See the FBC Community Bulletin Board for more details.



## **New Fiction Books in Our Church Library!**

### **Palace of Darkness** by T.L. Higley

“In AD 106, a single mother can be certain of one thing—destitution. So Cassia and her six-year-old son flee to Petra, seeking refuge in the loving arms of family. In her darkest hours, Cassia finds herself surrounded by followers of the Way, a subversive new religious group whose disciples are frequently sentenced to arenas with starved lions and blood-soaked sand. Why would they seek out more danger by helping her? And what kind of religion gives freely and asks for nothing in return?” - Amazon

### **Shadow of Colossus** by T. L. Higley

“The place is the island of Rhodes; the time, 227 BC. In the ten years that Tessa of Delos has been in bondage as a hetaera, a high-priced Greek courtesan to a wealthy politician, she has learned to abandon all desire for freedom and love. But when her owner meets a violent death, Tessa is given the chance to be free—if she can hide the truth of his death and maintain a masquerade until escape is possible. Here is a powerful story showing how the love of God can transform even the most hardened person and bring back to life a soul jaded by sin and grief.” - Amazon

### **A Beauty So Rare** by Tamera Alexander *2015 Christy Award Finalist, Best Historical Romance*

“Impoverished and struggling to care for her ailing father, Eleanor arrives at Belmont Mansion, home of her aunt Adelia, the richest woman in America--and possibly the most demanding. Adelia insists on finding her niece a husband, but a simple act of kindness leads Eleanor down a far different path. Archduke Marcus Gottfried has come to Nashville from Austria in search of a life *he* determines, instead of one determined for him. Hiding his royal heritage, he longs to combine his passion for nature with his expertise in architecture.”

### **Waves of Mercy** by Lynn Austin

“Geesje de Jonge crossed the ocean at age seventeen with her parents and a small group of immigrants from the Netherlands to settle in the Michigan wilderness. Fifty years later, in 1897, she's asked to write a memoir of her early experiences as the town celebrates its anniversary. Reluctant at first, she soon uncovers

memories and emotions hidden all these years, including the story of her one true love.” -Amazon

We are fortunate to be part of the Bethany House publisher Book Group. Several times a year, they send us a new book for our Library at no obligation! This one of those books.

### **A Tapestry of Secrets** by Sarah Loudin Thomas

“Now in her eighties, Perla Phillips has carried a secret since she was eighteen years old. When she sees her granddaughter, Ella, struggling for perfection, she decides to share her secret to show that God can use even the biggest mistakes for good. But before she can reveal what happened during that summer sixty years ago, she has a debilitating stroke. Carrying a secret of her own, Ella arrives back in Wise, West Virginia, to help her aunt Sadie care for Perla. Both know the woman wanted to tell them something, but she is now locked in silence.” - Amazon

## **New in Non-Fiction!**

### **A Full Life, Reflections at Ninety** by Jimmy Carter

“Jimmy Carter, thirty-ninth president, Nobel Peace Prize winner, international humanitarian, fisherman, reflects on his full and happy life with pride, humor, and a few second thoughts.” - Amazon

## **New in the Children's Library!**

We have purchased many new VeggieTales videos, both replacements and new videos including “The League of Incredible Vegetables”, “Larry Learns to Listen”, “Lettuce Love One Another!” and many more.

Other new videos are Volumes 9 and 10 of the “Buck Denver asks “What's In the Bible?” This is a great series for our slightly older kids. Though I know a man who had VeggieTales parties and invited his high school friends to spend evenings in our basement watching VeggieTales videos! These videos will entertain all ages.

A new series I'm adding is Iesodo (yay-sa-doe) “Believe” “Episode 1: The Gathering- It's a beautiful day in the Holy Land and Iesodo is gathering all the birds to hear his message of hope. Rocky takes us back to the day the flock first believed in this amazing dove who would change their lives forever.

Episode 2: “Believing is Seeing”- Luke, a blind finch with no gift of flight or sight, seeks help from Iesodo. The group is amazed when Iesodo not only helps him fly, but also helps him believe, so that he sees what's truly important.” – Amazon

# MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 7:15p Choir	2 5:00p Women With Initiative	3 4-6p CCJ Retirement Reception, Doug Jones	4	
5 9:45a Worship/Communion 11:00a Church School	6	7 8:00a Men's Breakfast, Perkins	8 11:30a Women's Lunch, Perkins  6:00 p Lenten Book Study 7:00p Choir	9 5:00p Women With Initiative	10	11  Mission Trip Begins	
12 9:45a Worship, Gary Grogan preaching 11:00a Fellowship Time 11:15a Church School (No Church School for Children and Youth)	13	14 7:00p Trustees	<b>ISU Spring Break</b>			17 	18
19 9:45a Worship 11a Church School 12:00p 3 <sup>rd</sup> Sunday Lunch, Pizza Ranch 2:00p Prayer Shawl Circle	20	21 8:00a Men's Breakfast, Perkins	22 11:30a Women's Lunch, Perkins  6:00p Lenten Book Study 7:00p Choir	23 6:30p Deacons	24	25	
26 9:45a Worship 11a Church School	27 5:00p Women With Initiative	28	29 7:00p Choir	30	31		



Mission Team Returns



### Save the Date!

**Our 18<sup>th</sup> annual Music Camp is set for July 24-28.** Campers grades K-6 (completed) will enjoy a week packed with music, learning, friends, and fun! If you can help with the camp as a counselor or assistant, please see Mindy or Pastor Dave.



New paraments for the sanctuary have been purchased with Elaine Anderson Memorial funds. The paraments (pulpit scarf, bookmark on the lectern, and table runner on the communion table) are reversible and come in colors for the church year (white for Christmas and Easter, purple for Lent and Advent, red for Pentecost and special days associated with the church, and green for “ordinary time.”)

Funds from the Elaine Anderson Memorial have also been used to purchase new banners for Lent that feature a stylized cross. These banners will hang on the far sides of the front of the sanctuary and supplement our other banners with the color of the season.

First Baptist Church  
200 Lynn Avenue  
Ames, Iowa 50014-7188

#### Our Church Staff:

Rev. Dr. David Russell	Pastor
Mindy Phomvisay	Director of Music
Patricia Izbicki	Accompanist
Bev Shirbroun	Office Manager
Aaron Stegemöller	Custodian
Karina Anderson	Child Care
Mareika Thompson	Child Care