

## Note from Vicar Jarrod Thomas

Grace to you and peace from God our Father and our Lord Jesus Christ! I have now been at my vicarage site in Minneapolis for a few weeks, and it has been far better than I ever could have imagined. Pastor Kind, my supervisor, is fantastic, and the congregation has been a delight to get to know and spend time with. I moved in the last weekend of August, was installed the first weekend of September, the church had its 100 year anniversary celebrations the second weekend, and I preached the third weekend, so it has been a very busy few weeks.

I have been tasked with preaching more or less every other Sunday, and I will eventually be leading the Sunday morning and Wednesday evening Bible Studies as well.

I have been tasked with teaching the junior catechesis class once a week, as well as assisting a home-school co-op that meets every other week here. I also assist with a Wednesday Evening Prayer service, and I lead an early Matins service on Thursday mornings. About every other week, we have a social outing, such as a board game night or bowling. The church also has a monthly Patristic Reading group where we are going through an early church work, and a monthly theological discussion table at one of the local restaurants.

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## **Grabaus Settling In**

September 2, 2025 Dear Saints in Christ Jesus,

It has been about two months now since the end of my vicarage. In the midst of my preparations for the school year, I thought I should give you all an update on our journeys.

After the end of RuthAnn's internship and packing up on July 22, we visited family and prepared to move back to Indiana. In the course of driving out to Colorado and returning with the U-Haul through Minnesota to Indiana, we were able to visit not only our parents in Denver and Chatfield, but my brother and RuthAnn's two sisters. On August 8 we moved into a house north of Fort Wayne that we'll be renting. It is a lovely old farmhouse which you can see behind us in the picture below.

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## Stay Updated With the IDW Newsletter

Did you know the district has a monthly newsletter? It keeps you updated on news around the district, as well as pastoral calls received,

youth news, ministry updates, and much more!

Visit the Iowa District West website (idwlcms.org) to view the October 2025 issue as well as past editions of *The Messenger*. Click on the District News tab and

then Publications



You can also subscribe to *The Messenger* and have it sent directly to your email. To be added to the email distribution list for *The Messenger* click on the Subscribe Now button under Stay Connected at the bottom of the page.



Let's show our gratitude and encouragement this month! Drop off or email a note of thanks, share a favorite sermon memory or simply say thank you. And remember to pray for all pastors each day. Ministry can be demanding, but knowing we are lifting them up in prayer can make a difference!





## October Bible Studies at St. Paul

### **BASIC Bible Study**

Thursdays, October 9, October 23 and October 30 at 10:00am. Led by Pastor Kottlowski, they will continue the study of Romans, following the Apostle Paul on a course through the context of the doctrine of justification and its joyous outflow in the life of the Christian.

### Homebuilders

**Sunday, October 5** at 4:00pm. *The Sanctuary Is Our Home*. This year Homebuilders (a group for those interested in following Jesus as a household) will delve into the Sacrament of the Altar as the center of life for the Christian family. From the altar where the Lord visits His people extend the spokes of Christian living: mercy, witness, and life together as a household held in Christ. We'll ponder the mysteries of God's gift in the Body and Blood of Christ, and learn together how we can live more fully in Jesus as we step from the altar toward all the places the Jesus sends His people. They'll meet the first Sunday of each month.

### **Midweek Bible Studies**

Wednesdays from 6:00pm-7:00pm. Adults meet in the Sanctuary with Pastor Newton. Senior youth are in the youth room and junior youth meet with Laura Nelson in the youth room by the Fellowship Hall. Worship follows at 7:00pm.

### Monday Night Women's Bible Study

Mondays at 6:30pm in the FLC. Led by Sarah Newton, they are walking together through Paul's letter to the Colossians. Join them as they take the time and soak in the views from this short but powerful epistle. All you need is your Bible.

## **Sunday Morning Adult Bible Study**

Sundays at 9:30am in the FLC. Grab your coffee (in a reusable cup of course) and head into the FLC for *The Who, What, When, Where, Why of It All.* Join us as we explore all that it means that Jesus descends from heaven to be with us in the Divine Liturgy, why we do what we do, say what we say, sing what we sing, and even dress how we dress! We'll explore the Liturgy as we experience it on Sunday mornings, we'll dig into Holy Scripture especially in Leviticus and Hebrews, we'll hear from the Confessions and from other work of Martin Luther, and we'll explore the new Companion to the Services from CPH and other resources on what happens in worship. We'll see how it all engages us with Christ, pointing forward to Him or backward to Him or pointing straight at Him in the here-and-now.

## **Sunday Morning Youth Bible Study**

Sundays at 9:30am. Join Dave Brunelle and Laura Nelson on an engaging journey through God's Word as we look into the lectionary and see how it points us to Jesus and our identity in Him. Each Sunday from 9:30–10:30am, Junior youth gather with Dave and Senior youth with Laura for conversational Bible study. Together we'll explore Christ's teachings and rejoice in the many wonders of God's grace!

## **Thursday Morning Ladies Bible Study**

**Thursday, October 2** and **Thursday, October 16** at 10:00am. Led by Pastor Kottlowski. They are using a devotional book entitled *Unfailing: God's Assurance for Times of Change* by Rev Christopher M. Kennedy. Pastor Kennedy uses examples from the prophet Samuel's life to illustrate and teach God's promises to be with us during life's many changes.

Along with these things, Pastor Kind asked me what I would like to teach, so I am also teaching a weekly introductory Greek class and a biweekly Confessions Study Group. Both have been going very well so far. Teaching Greek is helping my own Greek, which is in turn going to help my preaching and teaching, so that has been a blessing for my own studies. The Confessions Study Group has also been a fantastic opportunity to work through the Book of Concord with others, and to see how others see the topics contained in it showing up in their contexts and lives.

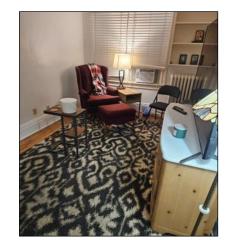
On top of these regular teaching and service opportunities, Pastor Kind is also making sure he and I dedicate time to my own formation and studies. We pray and have a meeting just about daily. We are also working through a book *Gregory the Great* (6th-7th century bishop/theologian), *Moral Reflections on the Book of Job*, which has been incredibly edifying and beneficial to read. Outside of our studies together, I am also working on Latin and reading Martin Luther and Martin Chemnitz, as they are the best and second best theologians since the Apostles.

All in all, it has been a very busy few weeks, though filled with countless blessings. I am looking forward to the rest of the year up here, as it has been fantastic for me. If you are ever in the area, feel free to stop by or to attend church here, it would be great to see you! Also, I have included my mailing address, in case anyone wants to reach out. Just include "Vicar" in the mailing information and the mailman will know which church mailbox it goes in.

Blessings in Christ, Vicar Jarrod Thomas 316 10th Ave SE Minneapolis, MN 55414



Left: At the 100 year anniversary celebration with Dr. Pless, former pastor of ULC, and my classmate Vicar Hallock.







Top right photo: My living room upstairs with my chair from Roger and Donita. Middle photo: My installation as Vicar at University Lutheran Chapel in Minneapolis. Bottom right: Pastor Kind and I doing very important set up for the 100 year anniversary.

## What do the Good Samaritan and members of St. Paul have in common? Generosity. ♥

As LWML begins its 2025-2026 session, we offered members of St. Paul the chance to partner with our local LWML groups to sponsor a room at Hope Ministries Women & Children Center for 2026...and with the generous donations from members and the groups, we met that goal! Not only that, under Hope's same i58 program, we are able to sponsor a bed at Bethel Mission men's shelter for 2026. What a blessing!!

As St. Paul LWML hits the ground running this fall, we hope our fellow Lutheran ladies of the church join us in whatever capacity you can – whether helping hands and/or uplifting our group in prayer that we continue to hear God's voice in the mission we're called to do. We ask you to please pray for and mark your calendar for these upcoming events: LWML Sunday (Oct 5), 5<sup>th</sup> Annual Craft & Vendor Fair (Oct 18), Advent by Candlelight (Nov 30). And for 2026 - Mission Workshop (Mar 7) and the LWML Spring Rally at St. Paul (Apr 25). These are not just events, but ways to reach out and show and share God's love.

And, LADIES, in the midst of the goings on, please join us on the second Tuesday of the month for our monthly get togethers where we enjoy fellowship, a devotion, hands on project, and then discuss ways we can make a difference and support the community, church, and each other.

Our next meetings will be Oct 14 and Nov 11 6:30p-8p, and Dec 9 5p-8p which will be our annual Christmas dinner. Watch the bulletin for details!

Your LWML Board and Sisters in Christ, Kim Rasler, Sue Stoll, Betty Berlau, and Vicki Sickels



## **Lady Diners**

Lady Diners meet on **Tuesday, October 7** at the Now or Later Restaurant at 3750 E. University in Des Moines. Car pool will leave the church at 11:00am or ladies can meet there at 11:30am.

If you have any questions contact Betty Berlau or Donna Stoelk.

## **Nursing Home Ministry**

St. Paul provides services to local nursing homes once a month. Members are always welcome to attend the services. You can help by singing along and assisting residents with the songbooks.

- Rock Creek at 2:00pm on October 21
- Sunny View at 2:30pm on October 19
- Mill Pond at 2:00pm on October 26

## October Youth Calendar

Oct 1 — Midweek 5-7:30pm (Supper, Study and Service)

Oct 5 — Jr & Sr Youth Bible Study 9:30-10:30

Oct 5 — Jr Youth Sunday Funday 2-4pm

Oct 8 — Midweek 5-7:30pm (Supper, Study and Service)

Oct 12 — Jr & Sr Youth Bible Study 9:30-10:30

Oct 12 — Sr Youth Hayride 5pm

Oct 15 — Midweek 5-7:30pm (Supper, Study and Service)

Oct 18-19 — Iowa District West Jr Youth Gathering

Oct 19 — Jr & Sr Youth Bible Study 9:30-10:30

Oct 19 — Sunny View Service & Sunday Sips, 2:10pm-3:30ish must rsvp

Oct 22 — Midweek 5-7:30pm (Supper, Study and Service)

Oct 26 — Jr & Sr Youth Bible Study 9:30-10:30

Oct 26 — Mill Pond Service & Sunday Sips, 1:40pm-3:00ish must rsvp



Registration extended! New deadline is October 22. Friends are welcome! Please contact Laura Nelson for a registration packet.



Junior Youth Sunday Funday—Pumpkin Party! Sunday, October 5, 2:00-4:00pm

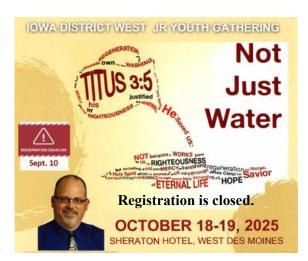
Youth in grades 6th-8th come hang out for an afternoon packed with fall fun! Hunt down hidden pieces in the pumpkin puzzle hunt. Show off your aim in the pumpkin candy toss. Knock 'em down in pumpkin bowling. We'll wrap things up with a short devo and some chill time together. Bring your friends — it's gonna be a blast!





Join Pastor, Laura and Zack Nelson for Sunny View Service and Sunday Sips on October 19, 2:10pm–3:30ish and Mill Pond Service and Sunday Sips on October 26, 1:40pm–3ish.

We'll meet at church, then head out to Sunday service with the "grandmas and grandpas"—
15 to 20 minutes in word and song. After worship, we'll grab hot or cold drinks together at a local spot (bring \$\$ for your favorites). This is a chance to draw near to Jesus, share His love with others, and grow in faith—while having a great time together! Friends always welcome! RSVP is required so we can plan rides and drinks. You won't want to miss it!





### **Senior Youth Sunday Funday**

Sunday, October 12, 5:00-7:30ish 9th -12th graders from St. Paul and Beautiful Savior are invited to a hayride, scavenger hunt, supper, s'mores and Elk at Jester Park. Youth may drive separately and meet us there! If you are catching a ride from St. Paul, meet at 4:30pm. Don't forget to RSVP to ensure we have enough supper, s'mores, and space on the hayrack! Reminder: friends welcome!

## Join the Band App

Parents and students! Be sure to keep a close eye on BAND as schedules are being updated! Scan the QR code and follow the prompts.

Senior Youth



Junior Youth



### Continued from page one

We are very grateful to Renita Nahrwold who found our new home. We didn't stay in it for too long though as we made a trip to St. Louis for ten days to spend time with our nephew and nieces down there.

Now that we have returned from that trip, we are settling in and preparing for the coming year. At this point most of the boxes are unpacked though a few things remain here and there. Since RuthAnn has delayed her commissioning, she is looking for a part-time job. I have been ordering books, looking over syllabuses, and organizing notes for classes. It is a strange stage of life for us. Everything is temporary. Every moment is in anticipation of what comes next. Still we remain thankful to God for His faithfulness to us and confident that His steadfast love endures forever. Since preparing for our move back to seminary I have been praying this prayer daily:



RuthAnn and I post-vicarage.

Lord, you have called Your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Grant us faith to go out with good courage not knowing where we go, but only that Your hand is guiding us and Your love supporting us; through Jesus Christ our Lord.

I think that it is appropriate as we continue to prepare for where God will call us next. Please continue to support RuthAnn and I with your prayers. I give thanks to God for you and especially to Pastor Newton that I had such a good year in Iowa.

God's Blessings,

Ezekiel and RuthAnn Grabau

8625 Hollopeter Road, Leo-Cedarville, IN 46765

## **LFS Offers Counseling Services**

In addition to being overwhelmed with feelings of sadness and hopelessness, another sign of depression is distorted thinking. This may include: overgeneralizing – after one thing goes wrong, thinking, "Things NEVER go right for me;" exaggerated responsibility for others – "Why aren't you happy? It must be because of something I did or didn't do;" and negative self-labeling – "I didn't get up in time to exercise today – I'm lazy and a failure." Left unchallenged, distorted messages only deepen the despair. Depression is not a lack of faith or a character flaw, but a serious illness which when left untreated can destroy a life, a marriage and a family. It is treatable and you can feel better.

See your medical doctor and remember that your pastor and Lutheran Family Service counselors, who share your faith in our God who keeps His promises, can help. Find more information at www.LutheranFamilyService.org.

## Registration Still Open for Youth and Children Activities

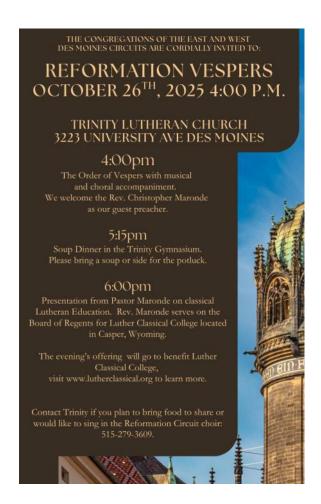
A big thank you to those who have already registered for the 2025–2026 year! We are so grateful for your partnership in nurturing our children and youth in the faith.

If you haven't had a chance to register yet, there's still time! Online registration is no longer available but you can pick up a paper form at the church office.

Your registration for Sunday School, Midweek Classes, Confirmation, Youth Bible Study, Youth Group, and all other children and youth activities helps us prepare well for the coming year.

At St. Paul, everything we do is grounded in God's Word and the Lutheran Confessions. Together, we rejoice that we are baptized children of God, redeemed by Christ, and nourished by His gifts. Through teaching, worship, fellowship, and service, we seek to help our young people grow ever more deeply Rooted in Christ, Growing in Grace, and equipped to Reach the Lost with the Gospel.





Do you have a new address, phone number or email? Please update the church office so we can keep our records accurate. You can call 515-964-1250 or send it via email to kathy@stpaulankeny.org.



## **August Council Meeting Minutes**

Meeting August 19 at 6:30pm. In attendance: Pastor Joel Newton, Director of Youth Ministry Laura Nelson, Tim Davies, Adam Haselhuhn, Ken Kise, Dave Reddel, Josh Remington, Duane Suhr, Jennifer Thompson, Megan von Qualen. Absent: Amber Giese, Mike Giese, Joel Ott, Mike Sickels. Devotion led by Pastor Newton on 1 Corinthians 12:1-11 with excerpts from *To Live with Christ*.

July 15 meeting minutes corrections/adjustments: corrected Mike Sickel to Mike Sickels. Motion to approve by Ken Kise, seconded to approve: Dave Reddel. Approval: unanimously approved

Staff Reports from Pastor Newton and Laura Nelson. Motion to approve staff reports: Jennifer Thompson, seconded to approve: Megan von Qualen. Approval: unanimously approved

<u>Financial Report</u> — Motion to approve report: Dave Reddel, seconded to approve: Adam Haselhuhn. Approval: unanimously approved

### **Board Reports**

Children & Family - Megan von Qualen
Elders - Adam Haselhuhn
Education - Amber Giese
Evangelism - Josh Remington (only in verbal form)
Property – Mike Sickels (only in written form)
Stewardship - Ken Kise
Youth - Jennifer Thompson

Inactive members to be peacefully released that have been approved by the elder board. Motion to approve: Dave Reddel, seconded to approve: Josh Remington. Approval: unanimously approved. Action item: names of inactive members will be brought to the next voters assembly meeting for approval for official release.

Motion to approve board reports: Ken Kise, seconded to approve: Megan von Qualen. Approval: unanimously approved

## Old Business

Cyber Security – discussion was held on when to have phishing scam training, possibly either on a Tuesday or Thursday evening(s). Action item: email reminder to be sent quarterly to the congregation.

Construction Committee – Duane Suhr put forward nominees for the committee: Tim Krehbiel, Dan Pottratz, Dave Reddel, Mike Sickels, Duane Suhr, Peter von Qualen, Pastor Joel Newton. Motion to approve nominees: Ken Kise; seconded to approve: Adam Haselhuhn. Approval: majority approved

### **New Business**

Fundraising committee — Council president Suhr is looking for committee members. Anyone interested should contact Duane.

Budget committee — Per bylaw article VI-D, during the August Council meeting, the President shall appoint a Budget Committee to develop the church budget for the subsequent year. Appointees to the committee shall be the President-Elect as chairman, Treasurer, Financial Secretary, and Secretary.

Next regularly scheduled voters meeting is Monday, December 1, 6:30pm. Next council meeting is September 16, 6:30pm. Motion to adjourn by Adam Haselhuhn, seconded to approve Megan von Qualen. Unanimously approved. Lord's Prayer recited to end the meeting.

## CTOBER 2025

## ELDER OF THE WEEK

05: Jon Jero

12: Peter von Qualen

19: Steve Bradley

26: Gary Hauge

## ALTAR FLOWERS

05: Dorothy & Ray Marvin

12: Libby & Travis Wielenga

19: Madonna & Gary Hauge

26: Jennifer & Brian Thompson

## OFFERING COUNTERS

## October 5 & 12

Betty Berlau, Donna Stoelk

## October 19 & 26

Dan Deppe, Jennifer Dorfler

## USHERS

(LWML Sunday) October 5 8:00am — Tim Davies, Eric Forde, LWML Ladies

10:45am — Mike KoesterCraig, Dewayne McGohan, LWML Ladies

## October 12 & 19

8:00am — Jon Gerths, Don Halbur

10:45am — Jason Buls, Jaydon Buls, Jordan Buls, Jalen Buls

## October 26 & November 2

8:00am — Les Stave, Jeff Fahrmann, Cael Fahrmann, Colby Fahrmann 10:45am — David Reddel, Collin Reddel, Mark Lauthen

## October Birthdays

Morgan Johnson Kathy McCombs 01: Vada Thompson 03: Mike Brooner Chad Burgess Chris Nemitz Paul Hilchen 04: Dan Deppe Linda Hunt Josh Wood Eric Hiney

Mackenzie Rutter 15: Nathan Wendzel

Jeanne Loghry

Fred Fernatt

14: Jalen Buls

Ann Rohlfsen

05: Dustin Hoffmann Mark Lauthen

Deacon Wielenga

Donna Dueker

19: Karen Dozler

16: Joe Clark

22: Logan Johnson

21: Jo Lensch

23: Larry Banwart

06: Tyler Haselhulm 07: Kristen Brunelle Ken McConnell

Shelley Wangsness Brandon Rohlfsen

Lauren Madsen

25: Tim Glenn

24: Cole Madsen

09: April Bracelin 11: Nancy Harvey Bryce Piepho

12: Mike KoesterCraig Connie Warmbier 13: Madonna Hauge

Abby Voong

David Brunelle 26: Eloise Burgess Denny Lensch 27: Eric Bradley

31: Lavonne Fernatt

# October Wedding Anniversaries

Alyssa & Nathan Wendzel 01: Charlene & Tim Fairchild

03: Madonna & Gary Hauge 05: Brenna & Austin Poock

Caitlin & Josh Remington 06: Libby & Travis Wielenga 08: Dorothy & Ray Marvin

10: Sue & Greg Crawford

17: Joann & Chris Kottlowski 23: Kristin & Jeff Strothcamp 24: Jennifer & Brian Thompson

28: Tammy & Larry Grant

31: Abby & CJ Pinkerton

## October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			I 10:00am Moms Group 5:00-6:00pm Meal 5:15pm Handbell Rehearsal 6:00-7:00pm Midweek 6:00-7:00pm Confirmation 7:00pm Service 7:30pm Choir Rehearsal	2 9:30am Matins 10:00am Ladies Bible Study 7:00pm Men's Fellowship	8	4
5 LWML Standay 8:00am Worship Service 9:30am Sunday School 9:30am Bible Studies 10:45am Worship Service 2-4 pm Jr. Youth Sunday Funday Noon Catechumenate 4:00pm Homebuilders	6 9:00am Staff Meeting 10:00am Sonshine Kids 6:30pm Women's Bible Study	7 11:30am Lady Diners	8 10:00am Moms Group 5:00-6:00pm Meal 5:15pm Handbell Rehearsal 6:00-7:00pm Midweek 6:00-7:00pm Confirmation 7:00pm Service 7:30pm Choir Rehearsal	9 9:30am Matins 10:00am BASIC Bible Study 7:00pm Men's Fellowship & Bible Study	10	11
12 8:00am Worship Service 9:15am Sunday School 9:30am Bible Studies 10:45am Worship Service Noon Catechumenate 5:00pm Sr. Youth Hayride	13 9:00am Staff Meeting 6:30pm Property Board Meeting 6:30pm Women's Bible Study	14 6:30pm LWML 6:30pm Elders Meeting	10:00am Moms Group 5:00-6:00pm Meal 5:15pm Handbell Rehearsal 6:00-7:00pm Midweek 6:00-7:00pm Confirmation 7:00pm Service 7:30pm Choir Rehearsal	16 9:30am Matins 10:00am Ladies Bible Study 7:00pm Men's Fellowship	17	18 9am-2pm LWML Craft & Vendor Fair Jr. Youth Gathering
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26 Reformation Day 8:00am Worship Service 9:15am Sunday School 9:30am Bible Shadies 10:45am Worship Service 2:00pm Mill Pond Service 2:00pm Mill Pond Service Noon Catechumenate	9:00am Staff Meeting 9:30pm Women's Bible Study	28	10:00am Moms Group 5:00-6:00pm Meal 5:15pm Handbell Rehearsal 6:00-7:00pm Midweek 6:00-7:00pm Confirmation 7:30pm Choir Rehearsal	30 9:30am Matins 9:30am BASIC Bible Study 7:00pm Men's Fellowship	31	