

The Vine and The Branches

St. Anne's Episcopal Church

Mission:

**"Striving to Grow in Christ's Love
and Share it With Others"**

APRIL 2012

EASTER

**We are a welcoming and
diverse family united in
Christ.**



Fr. Bob Kem

Holy Week: Our Journey With Christ

Palm Sunday begins our journey with Christ to Jerusalem. Lent is over. The plot thickens. We walk with Christ with joy in the procession as he enters Jerusalem. In 1997, I walked those same cobblestone streets used in the procession and so solidly built by the Romans. The crowds hail Jesus as their King. But instead of a white horse and riding with armor, Jesus rides a donkey and the crowd lays palms down and cloaks to honor their King. We will celebrate Palm Sunday on April 1st at 10:30 a.m. with a procession outside and the blessing of palms. Palm crosses will be made after the service but not until we have experienced the shocking drama of Jesus' time in the garden, his arrest and trial before Pilate and Herod and his crucifixion on **Calvary**.

Monday-Wednesday we will have **Stations of the Cross** at 5:30 and at

(Continued on page 6)

Easter Week Schedule

Palm Sunday, April 1

8:00 & 10:30 a.m. - Holy Eucharist
and Gospel of John Drama

Monday, April 2 - Wednesday, April 4

5:30 p.m. - Stations of the Cross
6:00 p.m. - Soup Supper
6:30 p.m. - Jesus of Nazareth video

Maundy Thursday, April 5

5:30 p.m. - Agape Meal
7:00 p.m. - Service
9:00 p.m. - Prayer Vigil starts

Good Friday, April 6

7:00 p.m. - Combined service at Ankeny
Christian Church

Saturday, April 7

10:00 to 11:30 a.m. - Neighborhood Easter
Egg Hunt (ages 2-8)

Easter Sunday, April 8

8:00 & 10:30 a.m. Holy Eucharist
9:00 a.m. - Easter Brunch
11:45 a.m. - Easter Egg Gathering

Easter Sunday April Family Event

**Worship at 8:00 and 10:30
a.m.**

Easter Breakfast at 9:00 a.m.

**This is the time when family
and friends gather together
to celebrate the most im-
portant feast day of the year
(even more important than
Christmas).**

You may expect to hear the best of music with Kevin and Julie Purscell and the St. Anne's Adult Choir. We will have some of the best brass musicians for our Easter Celebration of the Resurrection. The altar is covered with Easter Lilies. The joy of the Resurrection rings out **(children and adults bring a bell to ring)** and we witness what it must have been like on that very first Easter

(Continued on page 4)

I am the Vine; you are the branches. John 15:5

Jesus of Nazareth - The Movie

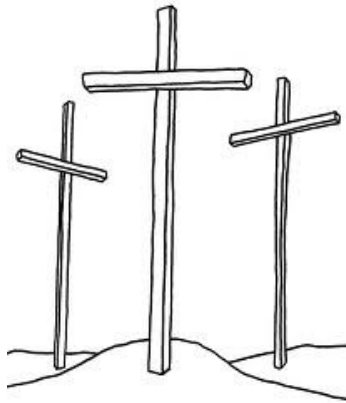
We will be viewing the Jesus of Nazareth video during Holy Week. Come to St. Anne's on Monday, Tuesday and Wednesday to watch this classic video on the big screen. We will start at 6:30 p.m. each of these three nights. The complete movie is six and one-half hours long. Popcorn and drinks will be provided.

Good Friday Service

St. Anne's will be meeting with other local churches for combined Good Friday Service.

This service will be held at Ankeny Christian Church, 2503 SW Third Street at 7:00 p.m.

If you are interested in singing in the choir for this service, please contact Kevin Purscell at KJCDM@yahoo.com.



11th Annual Lasagna Dinner Fundraiser

New Horizons Adult the door and for children Day Center is hosting under 10: \$4 in advance their annual Lasagna and \$5 at the door. Children Dinner Fundraiser on dren under three are Friday, April 13 from free. 4:30 to 7:00 p.m.

The meal will be served at Ankeny First United Methodist Church at 206 SW Walnut Street in the fellowship hall on the north side of the church.

Tickets for adults are \$8 in advance; \$9 at



Richard Ardon Visits Uganda

Many of you know Richard Ardon, but may not know he is in Uganda for a few months. He reports arriving safely, but didn't receive his bags for two weeks.



Richard is one of our newest Vestry members. He and his daughter, Nancy, attend the early service at St. Anne's.

Easter Flowers in Love, Remembrance and Thanksgiving

All gifts are received in thanksgiving. These Easter lilies will beautify the church sanctuary at Easter worship and providing us with the memory of our loved ones and assuring us of the promise of our own resurrection found in our life in Jesus Christ. When you write your check, please put Easter flowers on the memo line and place it in the collection plate on Sunday. Also, please complete a donation form on the table at the back of the sanctuary and turn it into the office.

Holy Week Prayer Vigil Blog

Please visit the Holy Week Prayer Blog available from the St. Anne's website at www.saechurch.org, under Lent/Easter 2012.

We encourage you to enter prayer requests and pray for personal, family and other needs. These requests will be remembered during the Prayer Vigil starting at 9:00 p.m. on Thursday, April 5.



PARISH HEALTH

Gardening

By Joann Olson, RN, Ed.D

Faith Community Health Minister

"I went down to the grove of walnut trees and out to the valley to see the new spring growth to see whether the grapevines had budded or the pomegranates were in bloom." Song of Solomon 6:11NLT

Spring gives us such pleasure as we see everything coming back to life, and it's a reminder of the new life that we have through Christ's resurrection. Gardening is a pleasure for most of us, but it is also an exercise and can lead to injuries. Raking, mulching, planting, trimming and digging are good physical activity yet can result in pain and stiffness in our neck, shoulder, elbow, wrist, knee, and back if we over-extend ourselves. To enjoy the flowers vegetables and fruits without pain try these tips from Der. William Madosky, a St. Louis chiropractor:

Treat gardening as a sport: Warm up and stretch the muscles before beginning.

Be realistic: Plan our work carefully to avoid injury. Set a moderate pace and time schedule to allow enjoyment of the task and minimize potential injuries.

Remember good body mechanics: When lifting heavy bags of dirt or mulch keep your back straight, bend your knees, lift with the legs, and hold objects close to your body. If shoveling, lift the dirt and turn the entire body to empty it-don't twist.

Change it up: Use different muscle groups and minimize the repetitive stress placed on joints and extremities by frequently changing activities.

Use a cushion, stool, or small bench when weeding: The support helps reduce stress placed on knees and spine from gardening movements.

Take frequent breaks: By stopping to stretch, getting a drink or just enjoying the progress every half hour, you minimize your chance of injury or dehydration.

Stop gardening if fatigued or in pain: That "one last thing" when tired leads to injury. If pain occurs, stop. If pain persists, apply ice to the affected area for 15-20 minutes at a time

to reduce inflammation. DO NOT USE HEAT - it increases the inflammatory process. If pain persists, contact the doctor.

We can spend time in the garden appreciating the glory of God's creation, while caring for our body at the same time.

(Source:www.dradosky.com/articles.html)



DMARC

Spring 2012

“Unto the Least of These My Brothers and Sisters”

By: Deacon Kathy Tripses

According to the Report of the DMARC Treasurer, Chuck Kuba:

“Good news is that we are getting the job done. Bad news is, its costing more than expected. To meet food demand, we are in a critical time with income and expenses and will need to make tough decisions.”

To continue to provide enough food to meet requests, the Emergency Food Pantry has cut back on carbohydrates in food boxes (every food pantry receives donated bread and rice from local groceries, restaurants, etc.). Other cut-backs have been: buying fresh produce, purchased diapers, reduced hours for warehouse staff (keep those volunteers coming), and the elimination of the full-time paid event planner position.

To see clearly the changes in food needs, one can look at the number of requests in January to August of 2010 and January to August of 2011. In 2011, in the January to August time period, 7500 families were served. In 2011, the number was 10,248! An increase of 2748 families. When a new site is open (there are 12 neighborhood pantries now), clients are not simply shifting over from a previous site. There are new clients.

No matter that the unemployment percentage seems to have dropped, there are still more and more hungry people out there. And they aren't "out there"-- they are also in our community of An-

keny and north Polk County.

When I mentioned the food situation to a friend (not a church go-er), she wanted to know if “they” appreciated it (the food). I can tell you that “they” do. I have the opportunity to talk on the phone to clients at the DMARC office. I can tell you that DMARC gets desperate calls,— people that say the monthly food “saved their lives”. One lady said she had helped others all her life and now she needed help. She had nothing to eat in the house and she had a 16 year-old son who was hungry.. I talked to a veteran who was being thrown out of his apartment. He said he had never had to ask for help before. He told me he could no longer afford his rent, much less buy enough to eat. He apologized for calling!

When you do your shopping this weekend, or when you look at your cans in the pantry, how about taking a grocery sack and putting a can of food in the sack for every ten cans in your pantry? Then put that sack in the car that you drive to church and the next time you come to church, put the can(s) in the Red Barrel.

Kathy Tripses, Deacon

(Continued from page 1)

morning. We give God our very best praise and thanksgiving for giving us his Son Jesus Christ, so that all who believe in Him share in His conquering of sin and death for all of God's creation.

Children's Easter Egg Hunt led by Tim and Keri Johnson will take place outside at **11:45 a.m.**



Ministry Commissions

Clergy and Staff

- **Rector** - Fr. Bob Kem
(rector@saechurch.org)
- **Office Manager** - Karen Carter
(secretary@saechurch.org)
- **Deacon** - Rev. Kathy Tripses
(ktripses@msn.com)
- **Music Minister (Adults)**-Kevin Purscell
(KJCDM5@yahoo.com)
- **Music Minister (Youth)- Volunteer Needed**

Administrative Commission

- **Sr. Warden** - Tyler Schleicher,
(schleichertylerd@johndeere.com)
Finance/Personnel

Buildings and Grounds

- **Jr. Warden** - Mary Oliver
(mmo492@q.com)

Liturgy/Worship Commission

- **Altar Guild** – Virginia Powell
(vpowell@mercydesmoines.org)
- **Chalice** - Steve Hanson
(stevehanson@q.com) and Heidi Schleicher
(Heidi_schleicher@msn.com)
- **Greeters** - Dan Kem
(Daniel_kem@yahoo.com)
- **Lectors** – Volunteer Needed
- **Music/Sound** – Kevin and Julie Purscell
(KJCDM5@yahoo.com) and Tyler Schleicher
(schleichertylerd@johndeere.com)
- **International Youth Choir** - Volunteer
Needed
- **Acolytes** - Ken Finch (KHFinch@mchsi.com)

Christian Formation Commission

- **Andi Baker (Youth)**
(andi.baker@mchsi.com)
- **Nursery Coordinator** (nursery to age 3)
Jessica Carlson
- **Youth Christian Formation** Mary Gjullin
(marygirlsailor@msn.com) and
Sarah Eichhorn
(saraeichhorn@davisbrownlaw.com)
- **Rite 13** (grades 6-8) – Andi Baker and
Joel Baker
- **J2A** (grades 9-12) – Fr. Bob Kem
- **Adult Formation** – Doug Karlen, Lorene
Harris and Heidi Schleicher
- **Kerygma Bible Study** – Fr. Bob Kem
- **Order of St. Luke (OSL)** – Andi Baker, Fr.
Bob Kem

Fellowship and Parish Life Commission

- Erik Gjullin (erikgjullin@gmail.com)
- **Epicurean Dinner Groups** - Debbie
Kem (kemster@mchsi.com)
- **Coffee Hour and Kitchen** – Joann Ol-
son (jolson@dwx.com)

Human Needs

- Mary Oliver (mmo492@q.com) and
Audrey West (awest1305@aol.com)
- **Little Roses** - Connie Skinner

Pastoral Care Commission

- **Pastoral Care** – Lin Karlen
- **Prayer Chain** – Lin Karlen
- **Mill Pond/New Horizons** -Andi Baker
- **Parish Health Ministry** - Joann Olson
(jolson@dwx.com)

(Continued from page 1)

6:00 p.m. a Soup Supper and from 6:30-8:30 p.m. we will show Jesus of Nazareth in a three-part series. Before the Nativity and extending through the Crucifixion and Resurrection, Jesus of Nazareth brings to life all the majesty and sweeping drama of the life of Jesus (portrayed by Robert Powell) as told in the Gospels Jesus of Nazareth tells the greatest of all stories with tremendous emotion and passion.

Thursday is our Agape Meal beginning at 5:30 p.m. We share cheese, crackers, fruits, and special drinks to remind us of the Passover Meal that Jesus held with his disciples known as the Last Supper. At 7:00 p.m. we begin the Last Supper. We complete the foot washing and end with the reading of a spe-

cial text of Jesus in the garden. The children process rocks and greenery to help set the garden as our prayer station known as the Garden of Repose. We strip the altar and sanctuary to emulate the tomb. The worship ends in dramatic darkness.

Good Friday Service is at 7:00 p.m. at Ankeny Christian Church on SW 3rd Street. We have combined with four churches to share in this special service. We celebrate with scripture, song and meditation, Jesus' seven last words from the cross. Under Kevin Purscell's direction we will join choirs with these churches and sing of this event together.

Saturday we hold an Easter Egg Hunt for the neighborhood children at 10:00 a.m. on Saturday April 7th. All children are welcome and encouraged to bring friends and enjoy the fun of the hunt.

Filipino Fusion Update

On Saturday, March 17, a fundraiser was held at Our Lady's Immaculate Heart Catholic Church to raise money for the medical mission trip to the Philippines in March of 2013.

Over \$3,000 was raised for this trip.

Thanks go to the Fr. Vincent and the Igorots of Iowa and all others who volunteered their time and talents for this fundraiser.

A silent auction and a raffle were held and money was raised in addition to the ticket sales.



St. Anne's 2012 Financial Update

2012 Year-To-Date Pledging Summary	
Total pledges received year-to-date through February	What we expected to receive through February
\$16,498	\$17,086
2012 Year-To-Date Income Summary	
Total income received through February	What we expected to receive through February
\$21,984	\$21,752
2012 Year-To-Date Expense Summary	
Total expenses through February	What we expected to spend through February
\$22,383	\$20,292

Agape Meal

What is an Agape meal?

Agape is the New Testament term for “self-giving love” or to love other sacrificially, as Christ did. In the Christian tradition, an Agape meal is also the name for informal meals and times of togetherness and mutual sharing which reminds us of all those meals Jesus shared with his friends and the unity that his Spirit continues to give us. It builds on the experience of early Christians who met often for fellowship, to reflect on their relationship with Jesus, to share in the Lord's Supper and to worship God.

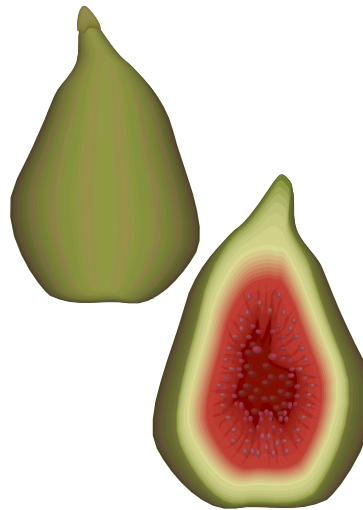
An Agape meal is often preceded or concluded with worship, foot washing symbolizing Jesus washing of the disciples' feet, partaking of the Lord's Supper in Holy Communion and anointing. At the conclusion of the formal service, the lights are turned out and the altar is stripped, symbolizing stripping Jesus of his clothing in preparation for the crucifixion. The congregation leaves the service in silence reflecting of the sacrifice that Jesus made for us. A prayer vigil is observed until 6:00 a.m. on Friday.

How can you participate?

The Agape meal is not intended to be a full meal, but sharing of fellowship and eating some of the foods that would have been present at the Last Supper.

Parishioners can bring any of the following foods to share with others:

- Fruit
- Nuts
- Figs
- Crackers
- Bread
- Cheeses
- Wine
- Fruit drinks
- Vegetables such as celery and carrot sticks
- Other finger foods that you would like to share.

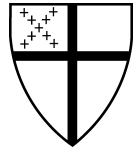


Soup and drinks will be provided.

Please come and share Agape love and friendship with fellow parishioners. Bring a friend.

St. Anne's Episcopal Church

2110 West 1st Street
Ankeny, IA 50023
515-964-5152



We're on the web:
www.saechurch.org

Worship Services

Sundays:

8:00 a.m. and 10:30 a.m. - Holy Eucharist
9:15 a.m. to 11:15 a.m. - Little Blessings Nursery (nursery to age 3)
9:15 a.m. to 10:15 a.m. - Adult Christian Formation
9:15 a.m. to 10:30 a.m. - Youth Christian Formation
11:30 a.m. - Rite 13/J2A (Grades 6-12)

Tuesdays

10:00 a.m. - Kerygma Bible Study at the home of Jack & Josie Elliott
7:00 p.m. - Contemplative Prayer Group

Wednesdays

9:00 a.m. - Holy Eucharist / Healing

Church office email: secretary@saechurch.org

Phone: 515-964-5152

Office Hours: Monday, Tuesday and Thursday 1:00 - 5:00 p.m.

Birthdays and Anniversaries

Anniversaries

4/12 Mary & Erik Gjullin
4/18 Tracy & Brandon Sawhill
4/21 Heidi & Tyler Schleicher
4/29 Brenda & Ron McCartney



Birthdays

4/5 Iryl Bacdayan
4/10 Mary Hanson
4/12 Carolyn Waddell
4/15 Hillary Hanson
4/17 Joann Olson
4/22 Natalie France
4/24 Maya France
4/25 Aljon Bacdayan
4/27 Deborah Watson
4/30 Poni Lejukole
4/30 Valerie Sawhill