

St. Anne's Episcopal Church

DECEMBER 2010

ADVENT - WHAT DOES IT MEAN?

Calendar of Events

For complete calendar, visit www.saechurch.org

December

4 & 11 - Christmas Boutique
12- Living Nativity with Spaghetti Supper from 4:30-6:30 p.m.

19-Children's Christmas Pageant during 10:30 worship service

24 - Christmas Eve Services - Children's Holy Communion at 6:00 and Candlelight Holy Communion at 8:00 p.m.

26-Lessons in Carols at 10:30

31 - New Years' Healing Service at 5:00 p.m.

January

2-Epiphany

15 - Men's Fellowship at 8:00 a.m.



We celebrate on November 28 the first Sunday of Advent. This is the start of the Christian New Year and marks the four weeks in preparation for the birth of Our Lord Jesus Christ. **Advent** means "**Coming**". Advent is a time for reflection and preparation but its mood is joyful. Advent has been enriched by Christian tradition to reflect its distinctive Christian meaning.

Advent proclaims the revelation of God's love

as expressed in Christ's birth in a stable, His sacrificial death on the cross, and his victorious resurrection. It points to Christ's coming a second time as the King of Kings and Lord of Lords. This double focus on past and future is an important teaching. Advent symbolizes the spiritual journey of individual and a congregation, as they affirm that Christ has come, that He is present in the world today, and that he will come again in power. That acknowledgement provides a basis for Kingdom ethics, for holy living arising from a profound sense that we live "**between the times**" and are called to be faithful stewards of what is entrusted to us as God's people. Advent calls us to prepare our hearts and make room for the arrival

of Christ the King.

This year we are celebrating some specific traditions at the beginning the first week of Advent to help us in preparing for the birth of Jesus. Look for some of the following signs:

See the **tapestry banner** made by Donna Hendrick that hangs on the back wall placed on either side of the main cross.

The **star** is a symbol of the

(Continued on page 7)

Inside this issue:

Holiday Activities	2
Change in Wednesday Morning Healing Service	2
Episcopal Church Building Fund	3
Thank you from Confirmation Class	3
Consecration Sunday 2011	4
Youth Help Serve Homeless Meal	4
Parish Health	4
Ministry Commissions DMARC	5
Rite 13 Celebrities	6
Youth Activities	7
Birthday and Anniversaries	8

CELEBRATE CHRISTMAS AT ST. ANNE'S

12/12-Living Nativity and Spaghetti Supper from 4:30 to 6:30 p.m.

12/19-Children's Christmas Pageant at 10:30 a.m.

12/24-Christmas Eve

6:00 p.m. Children's Holy Communion

8:00 p.m. Candlelight Holy Communion

12/26 - Lessons and Carols at 10:30 a.m.



HOLIDAY ACTIVITIES

Give a Gift of Dignity

There is more dignity in giving a gift than in receiving charity

The Iowa Homeless Youth Shelter Christmas Boutique will take place on Saturdays, December 4 and 11, at the Salvation Army at 1326 6th Avenue in Des Moines.

Shoppers go home with big grins, carrying bags of wrapped gifts, talking about the bargains they found, not the charity they were given.

Donations of unwrapped gift items with the price tags still attached, if possible, will be collected in the St. Anne's Parish Hall. Cash (they will shop for you) and gift cards are also welcomed.

Please deliver your unwrapped gifts to St. Anne's by noon on Friday, December 3 or December 10.

Take your children shopping and have them

choose a gift or gifts they think someone their age would enjoy. One hint, children's toys were more popular than children's clothing last year.

Think of yourselves (husbands, too) and choose a gift or gifts that you would enjoy getting. Think of something that would be a treat for you to receive.

Think of your sister, brother, mother or father and choose a gift or gifts that one of them would enjoy. Don't forget household and decorative items.

Warm hats, mittens and gloves are popular.

New items sold for at 10% of original price. Each shopper is limited to \$15 per Saturday which is equal to \$150 in the store.

For more information, please call or email Mary Oliver at 964-1227 or mmo492@q.com.

Live Nativity

St. Anne's Annual Live Nativity will be held on Sunday, December 12 from 4:30 to 6:30 p.m.

This year's Live Nativity will also feature a spaghetti supper, free pictures with St. Nicholas and Christmas Carols and Family Traditions in the Parish Hall. Contact the church office at 515-964-5152 or secretary@saechurch.org for more information or to purchase a ticket. Adults are \$5, youth ages 6 to 12, \$3 and children 5 and under are free.

The proceeds from the spaghetti supper will go to the Youth for upcoming activities.

Children's Christmas Pageant

The Annual St. Anne's Children's Christmas Pageant will be held during the 10:30 a.m. Worship Service on December 19.

Children are needed to play the parts of Mary and Joseph, Sheep and Shepherds, Wise Men and Angels.

Watch the Sunday Announcements for practice dates and times.



**HEALING SERVICE -
WEDNESDAY MORNINGS
AT 9:00 A.M.
(NOTE CHANGE IN TIME)**

Adopt a Family

St. Anne's has adopted two local families this holiday season. You may wish to help St. Anne's with these two families or adopt a family of your own by calling Becky at the Ankeny Service Center for a family at 965-1976. Families are contacted by the Ankeny School Nurses' program.

Youth Help to Serve Thanksgiving Homeless Meal

On Sunday November 21, the J2A and Rite 13 Youth groups helped to serve over 175 homeless men, women and children at the meal site at Seventh and Grand, Iowa Homeless Youth Center. Many chores are needed to feed such a large group of people such as helping to serve meals, drinks, and desserts. Often food is packaged for those who are on the go or have a loved one at home who is not able to travel the distance for a meal.

Several youth and adults were included on this project and we thank all of you for your efforts in serving the homeless and making their thanksgiving one to remember. Special thanks to Scott and Bette Moore, Ranzi Bete, Iryl Bacdayan, Gosh Wal, Nate Jayne, Jared and Annika Baker, Joel and Andi Baker .



PARISH HEALTH

Focus on Holiday Health
By Joann Olson, RN; Ed. D.
Faith Community Health Minister

"One day Jesus told his disciples a story to show that they should always pray and never give up."
Luke:18:1 NLT

Are you overbooked for this month? Do you look at your schedule and start to panic? How can you possibly do everything? There are meetings, birthdays, gifts, decorating, parties and too many other things, not including work, family and church.

It's time to trim your list instead of the tree. Consider fewer gifts, fewer decorations and not so many parties. Find a quiet time to spend with devotional materials and in prayer. The only way to get to the heart of Christmas is with Jesus. All of the other things are fine, but they aren't necessary.

Practice some stress busting techniques. Here are some ideas:

Leave. If the noise level is too much or the crowds are closing in, just leave. You don't have to stay in the toy store with all of the screaming youngsters, and you don't have to converse with the know-it-all at the party. You can walk away.

Close the eyes. Take a break from the lights and activities. Closing the eyes is a great way to get re-centered.

Try some solitude. In the middle of so much activity, it helps to have time alone. Use the quiet time to set priorities, to pray, or to count your blessings.

Go outside. Fresh air and sunshine can make a difference in how you feel. Being in God's creation and going for a walk can help find extra

energy.

Locate some water. Listen to it, watch it, drink it or sit in it. Water refreshes in so many ways. God knows what we need: maybe that is why He put so much on earth.

Breathe! Remember to exhale occasionally. When the shoulders are up to the ears, it's time to take some deep breaths. Fill the lungs completely from the bottom to the top. Pause for a couple of seconds. Exhale letting all of the air out of the lungs from the top to the bottom. Repeat three or four times. Your shoulders have relaxed with the rest of the body. Stress causes shallow breathing. Deep breathing releases it.

Listen to music. Choose whatever type makes you happy. Sing along. It's amazing how good this can make us feel.

Remember you are in charge of how you respond to situations. Keep a positive outlook and enjoy the simple thing. Christmas is about Jesus, family and friends.

Give yourself the gift of peace in the midst of a world in chaos. Have a great holiday and share your peace with those

EPISCOPAL CHURCH

BUILDING FUND

Thank you from Confirmation Class

On Sunday, November 7, a confirmation class from Polk City United Methodist visited a St. Anne worship service. We received the following thank you: "Thank you all so much for your hospitality with our confirmation class that visited your service yesterday. It is very much appreciated. The kids definitely took it all in - we had some nice discussion during the drive back to Polk City. Your church is doing some very neat things, which is why I am writing.

My wife and I thought your Christmas Boutique was a wonderful idea worth donating to. Please apply the enclosed check to that effort. It's not much, but we understand that in times like these, every little bit helps. Thank you again and please pass our sincerest thanks and peaceful blessing to your entire congregation!" Rob Cupp, Polk City United Methodist Church

The Episcopal Church Building Fund is offering free guidance in using our real estate assets to their full capacity, including supporting the financial needs of the congregation. The ECBF will help St. Anne's do the following:

- Develop ways for buildings to be financially self-sufficient
- Explore income sources to support the parish budget for ministry
- Keep building use relevant to St. Anne's con-

text and community

- Develop relationships and partnerships in the wider community

All church leaders are invited to an introductory meeting at St. Andrew's on Saturday, December 4 from 10:00 a.m. to 2:00 p.m. This meeting will outline the consultation process to help congregations make buildings financially self-sustaining, and determine how a congregation can have a future worship life.

Please mark your calendars!

CONSECRATION SUNDAY - 2011

The members of the Consecration Sunday Team would like to thank all of the members of St. Anne's who participated this year in your estimate of giving to God and our catered luncheon celebration. This is the one time throughout the year that we come together as a family and worship, make our gift to God and share a meal together in fellowship.

- Over 80 people were served meals at the luncheon
- By Sunday November 21, 39 cards have been turned in for a total of \$109,144.44.

- Six new families filled out estimate of giving cards for the first time.
- Thirteen families increased their giving over last year.
- There are still eight families who have not yet responded

We would like to wrap up the giving for 2011 with all who plan to give in the coming year. Adding the response of our new families, and the cards yet to be received, we will have an increase of giving cards over 2010.

Thank you for your generosity when it would be easy to forget all the blessings God has given to us as a family at St. Anne's. Special thanks to Erik Gjullin and Dan Kem for co-chairing the team and Mary Gjullin and Sarah Eichhorn, Tyler Schleicher and all who made this a great celebration for St. Anne's.

Contact Tyler Schleicher at treasurer@saechurch.org or call 964-5758 if you have questions concerning your estimate of giving for 2011.



Ministry Commissions

Clergy and Staff

- **Rector** - Fr. Bob Kem
(rector@saechurch.org)
- **Office Manager** - Karen Carter
(secretary@saechurch.org)
- **Deacon** - Rev. William Magie
(wwmagie@aol.com)
- **Deacon** - Rev. Kathy Tripses
(ktripses@msn.com)
- **Music Minister**-Kevin Purscell
(KJCDM5@yahoo.com)
- **Parish Health Ministry** - Joann Olson
(jolson@dwx.com)

Administrative Commission

- **Sr. Warden** - Doug Karlen,
(linanddoug@mchsi.com) Finance/
Personnel

Buildings and Grounds

- **Jr. Warden** - Lorene Harris
(LandRHarris@mchsi.com) and Bran-
don North (bdnorth@mchsi.com)

Liturgy/Worship Commission

- **Altar Guild** – Erica Lamb
(lambone1@msn.com)
- **Chalice** - Steve Hanson
(stevehanson@q.com) and Heidi
Schleicher
(Heidi_schleicher@msn.com)
- **Greeters** - Dan Kem
(Daniel_kem@yahoo.com)
- **Lectors** – Dick Tripses
(tripses@msn.com)
- **Music** – Kevin and Julie Purscell
(KJCDM5@yahoo.com)

- **Acolytes** - Ken Finch (KHFinch@mid-
american.com) and Phil Hedges
(phrunswithdoes@yahoo.com)

New Members

- Heidi Schleicher
(Heidi_schleicher@msn.com)

Christian Formation Commission

- **Nursery Coordinator** (nursery to age 3)
– Jessica Carlson, Heidi Schleicher
- **Godly Play** - Sarah Eichhorn, Mary
Gjullin, Susan Clifton
- **GP Extreme** (grades 3- 5) – Joel Baker,
Komuri Lejukole
- **Rite 13** (grades 6-8) – Andi Baker
- **J2A** (grades 9-12) – Andi Baker, Phil
Hedges, Fr. Bob Kem
- **Adult Formation** – Julie & Kevin Purscell
- **Kerygma Bible Study** – Fr. Bob Kem
- **Order of St. Luke (OSL)** – Andi Baker, Fr.
Bob Kem

Fellowship and Parish Life Commission

- **Coffee Hour and Kitchen** – Joann Ol-
son (jolson@dwx.com)

Neighborhood Community Relations

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

Pastoral Care Commission

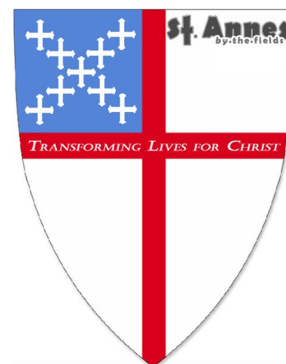
- **Pastoral Care** – Lin Karlen
(linanddoug@mchsi.com)
- **Prayer Chain** – Lin Karlen
(linanddoug@mchsi.com)
- **Mill Pond/New Horizons** -Deacon
Kathy Tripses (ktripses@msn.com)

Finance Commission

- Tyler Schleicher, Dan
Kem, Erik Gjullin

Mission/Outreach Commis- sion (Africa & the Philip- pines - Exploring Missions Overseas)

- Henry Lejukole, Isabelle
Bete



DMARC Developments

By: Deacon Kathy Tripses

Audrey West and I went to the semi-annual delegate assembly for the Des Moines Area Religious Council on Tuesday, Oct. 26. Some exciting developments are in process.

New additional food pantries: DMARC has added three new food pantries: Johnston, the after work hours pantry at Central Presbyterian Church on Cottage Grove, and the newest pantry at the Islamic center.

New list of most needed foods: The traditional list included some high fat, high carbohydrate foods. The new list contains: 100% juice, fruit in water rather than heavy syrup, beans in water rather than baked beans, canned vegetables with no salt added, Whole grain crackers, cereals, breads

and Fresh Vegetables. Every pantry has a refrigerator and freezer now, so fresh produce and meat can be stored. Visit www.dmreligious.org for the new list of most needed foods

New at the regional pantries will be a SNAP carrel, which will enable people to enroll electronically for government food assistance (previously food stamps). Rather than stamps, electronic cards are now provided. There will be an assistant to help people make applications. This will be funded by USDA and the United Way.

There will be a project for the "camp" dwellers; those who winter in temporary tents in wooded areas. The project will assist them in finding individual apartments at least for the winter.

It is estimated that there are 60-80 individuals that camp out.

A new database is being developed that will contain pantry user information that will be universal to all pantries. This will enable persons to use any pantry, not just the one in their assigned area. Now, individual pantry record keeping doesn't allow use of any convenient pantry (only the one assigned). This will facilitate distribution of food.

Since 1980, metro Des Moines which includes the suburbs, the total population has increased over 100,000 persons (total 424,778). The individuals at poverty level has increased to over 6,000 (total now 29,051). The % of poverty has increased from 6.8% to 7.7%. This year 400 "new" (had never accessed pantry before) families PER MONTH.

There are other projects pending and coming soon, including a **new web site** that will be colorful, interactive and contain recipes using healthy food. It will also display healthy food sources in the metro area. A new community calendar can be accessed on the DMARC website. The calendar will allow direct input by churches to post their events.



Rite 13 Celebrities Honored

Poni Lejukole and Iryl Bacdayan are two youth who were honored at our Rite 13 worship service on Sunday, November 21, 2010. This service marks an important rite of passion: the gift of manhood and womanhood. It is a time of recognizing that our young people are no longer children, and are not yet adults; that this gift of creative power is a free gift from God, and unlike adulthood it cannot be proven or earned.

It is at this time that young people begin a natural separation from their parents and their peers begin to hold more influence in their lives. This often creates challenges within the family structure. During our worship service we also held up parents in prayer as they continue to guide their children, yet begin the difficult process of letting go.

In preparation for our Rite-13 liturgy, we met with parents and youth. We opened the conver-

sation by asking youth to write down three strengths that they possessed. We then asked parents to write down three strengths they saw in their young people. We found that youth were proud of their school, music and sports achievements. They were pleasantly surprised when they heard from their parents that they were seen as self-sufficient, responsible, inquisitive, and caring.

When parents and youth separated, par-



ents held their own discussion about the challenges they face in raising young teens. Especially in light of the fact that they are living in a culture very different from the one in which they grew up.

(Continued from page 1)

light of Christ coming into the world.

The **vestments** of the season are Blue in color representing joy and hope of the anticipated birth of Jesus.

The **Advent Wreath** with three blue candles stands to remind us of royalty and a rose for the third Sunday help us to remember Mary and her important role in Jesus' birth.

The **Christ Candle** is the white candle that is found in the center of the wreath and is lighted on Christmas day. The light of the candles itself becomes an important symbol

of the season. The light reminds us that Jesus is the light of the world that comes into the darkness of our lives to bring newness, life and hope to all. It also reminds us that we are to be the light of the world as we reflect the light of God's grace to others. Each week we will ask for someone to come forward and light the candle for the wreath.

The **six evergreen wreaths** are hung around the church to remind us of God Himself, His eternity and endless mercy, which has no beginning or end.

The **Nativity** is the stable and the presence of Mary, Joseph, the angels and shepherds and

the **poinsettia** representing the star that shone brightly over the birthplace of Our Savior. Jesus comes on Christmas Eve and the wise men wandering by as we come closer to **January 6 and Epiphany**.

The **Children's Christmas pageant** at 10:30 am on Sunday, December 19 will stage the birth of

Jesus with Christmas song prior to the **Christmas Eve services at 6:00 p.m. with Family Eucharist and 8:00 p.m. Traditional Candlelight**.

We invite you to join us as we celebrate the arrival of the birth of Our Lord and Savior Jesus Christ.



Youth Activities

December 4 and 11: Christmas Boutique

- Youth will help as sales assistants, gift wrappers, cashiers, greeters, childcare workers and with clean up.

December 12: Spaghetti Dinner Fundraiser and Live Nativity - Youth will be raising money to fund activities and projects for the group. Funds earned will be used especially to offset the cost of our upcoming trip to the Urban Immersion Retreat Center in Minneapolis this January. Youth will need to plan on arriving early to set up and prepare the meal, and stay late to help with clean up. **3-7 p.m.**

December 19: Youth will be asked to be readers for the Children's Christmas Pageant during the 10:30 Worship Service.

January 7-9 or 14-16: Urban Immersion Trip to Minneapolis – we need to arrive there by 6:30 pm

January 21-23: Diocesan Ski Trip – Pictured Rocks Camp and Sundown Ski Resort, Dubuque. Parents are needed to coordinate, drive, and chaperone.

Urban Immersion Retreat for St. Anne's Youth

Urban Immersion Service Retreats combine an overview of poverty and its causes with hands-on help for those in need. Ultimately, the retreat participants are encouraged to apply their service learning experiences to address poverty issues in their own communities.

The Retreat Experience

Our retreat features an interactive exercise about the survival choices homeless and working-poor families must make each month. Pay the heating bill or feed the kids? Forgo health insurance to pay the rent and pray no one gets sick?

Participants also learn what roles self-worth, chemical dependency, racism, the economy and domestic violence play in poverty and what is being done to break the cycle. They are then

challenged to reflect on what we, as people of faith, can do.

Then they volunteer in Twin Cities homeless shelters, domestic violence centers, food shelves and affordable housing projects.

Finally, our retreat encourages volunteers to apply what they have learned and set tangible goals to affect poverty in their communities.

Excerpted from the Urban Immersion Retreat center website www.urbanimmersion.amcc.org

St. Anne's youth will go to Minneapolis on January 7-9 or 14-16. The cost is \$80 per participant. This trip will also require adults who can assist with driving and chaperoning so that we can split our group up into 2 or 3 smaller groups to do the service projects.

Service projects can include working with programming for children, assisting with baking, clean-

ing, serving meals, sorting donated goods, working at a shelter, cleaning, and light maintenance work. We will be notified of our assignments upon our arrival.

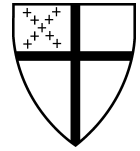
Adults will be asked to complete Safeguarding God's Children training and to have background and driving records checked in order to meet diocesan and

national safe church guidelines. On the return trip, we will stop by the Mall of America for some shopping and lunch. (weather and time permitting).

Deposit of \$40 per participant is due now! Please get it to Andi on Sunday, November 28. Adults who would like to assist please get in touch with Andi or with Fr. Bob.

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 Class Forum
- 9:15 a.m. to 10:30 a.m. - Godly Play 1 (4 yrs to Grade 2)
- 9:15 a.m. to 10:30 a.m. - Godly Play Extreme (Grades 3, 4, 5)
- 5:00 p.m. to 8:00 p.m. - Rite 13/J2A (Grades 6-12)

Wednesdays

9:00 a.m. - Holy Eucharist / Healing (change in time)

Thursdays:

7:00 p.m. - Contemplative Prayer Group

Church office email: secretary@saechurch.org

Phone: 515-964-5152

Office Hours: Monday through Thursday 1:00 - 5:00 p.m.
All times by appointment.

Birthdays and Anniversaries

December Birthdays

- 12/3-Gary Teague
- 12/5-John Canova
- 12/6- Heidi Schleicher
- 12/7-Allie Hedges
- 12/-Jackson Sawhill
- 12/11-Denise North
- 12/15-Jay Cramer
- 12/16-Katlyn North
- 12/17-Raj Bete
- 12/21-Bob Wissink
- 12/22-Alex Kem
- 12/26-Debra Kem
- 12/29-Holly Karlen
- 12/30-Fr. Vincent Bete
- 12/30-Brandon North
- 12/31-Owen Morris

December Anniversaries

- 12/25 - Steve & Mary Hanson

