

ST. ANNE'S EPISCOPAL CHURCH

MARCH 2010

Calendar of Events

March

- 2-Vestry Meeting at St. Anne's
- 6- Vestry Retreat at Mill Pond
- 27 - Altar Guild Meeting (9:00 a.m.)
- 27 - 9:00 - 1:00 p.m. Congregational Development Session I at St. Anne's
- 28-Palm Sunday

April

- 1-Agape Meal at 6:00 p.m.
- Last Supper/Stripping of Altar, Garden of Gethsemane at 7:00
- Prayer Vigil from 9:00 p.m. to 9:00 a.m. Good Friday
- 2-Good Friday Service at 7:00 p.m.
- 3 -Easter Saturday Service at 7:00 p.m.
- 4 - Easter Sunrise Service at 6:30 a.m.
- Easter Brunch at 9:00 a.m.

Congregational Development & Visioning Process for St. Anne's

Beginning this month, St. Anne's will embark on a six-step process to evaluate who we are as a congregation and where our Spiritual Gifts and passions will lead us in the future. This is a very exciting opportunity for everyone within St. Anne's to gather together, learn about the history of St. Anne's, compare thoughts and ideas to utilize our current strengths, and work together to determine a future path for our congregation and ministries. I want to encourage everyone to try to attend as many of the sessions as possible. We are **all** part of the Body of Christ, and we can only fully identify and achieve our future ministry within St. Anne's if we take the time to share our

thoughts and talents during this process. Each of the six sessions will build upon each other, and after going through this process, we will be able to:

- Understand and articulate a clearer sense of who we are as a congregation
- Understand and articulate a clearer sense of the mission and ministry of St. Anne's in our community
- Determine the next steps we must take to move towards a better fulfillment of our mission and ministry

The Drama of Holy Week

den and is sentenced and nailed to the cross.

Wednesday, April 1:

- 6:00 p.m. - Agape Meal
- 7:00 p.m. - Last Supper/ Stripping of the Altar, Garden of Gethsemane

Families are invited to bring their children to process with the grasses and greenery to set up the Garden of Gethsemane where Jesus spent the last hours in prayer was betrayed and arrested. At the end of the service, the altar is stripped and the front of the church becomes darkened as the tomb for Good Friday.



The Drama of Holy Week begins Palm Sunday, March 28, at 8:00 a.m. and 10:30 a.m.

The children will lead in the Palm Sunday procession at our 10:30 a.m. worship with palms and garments as Jesus and his disciples march into Jerusalem.

Palm Sunday highlights the final events of Jesus' life and ministry as he shares the Last Supper with his disciples, is betrayed and arrested in the gar-



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Our facilitators for this journey will be **The Rev. Richard Graves** – Rector of St. Mark's Church in Fort Dodge & Priest-in-Charge of the Church of the Good Shepherd in Webster City and **Mr. Bob Joy** – Financial and Planned Giving Officer of the Diocese of Iowa. Fr. Graves and Mr. Joy will lead us in each session that will consist of Bible study, small group sharing, and large group discussion of the specific topics:

Session 1 – Storytelling

Date: March 27, 2010
Time: 9:00am – 1:00pm
Location: St. Anne's Fellowship Hall

(Continued from page 1)

An overnight Prayer Vigil begins where every person is asked to take an hour to pray from 9:00 p.m. to 9:00 a.m. on Good Friday.

April 1 and 2 – Prayer Vigil

Sign up:

All members are invited to sign up for an hour of prayer from 9:00 p.m. (following the Last Supper) until 9:00 a.m. Good Friday. This is a time to pray for the future Mission of St. Anne's, the sick, the unemployed and those with Special Requests. Sign up by contacting Prayer Coordinator Lin Karlen at linand-doug@mchsi.com for an hour of prayer. More than one person may sign up for the same hour.

April 2 – Good Friday:

At 7:00 p.m. a professional Christian Dance group from the Dance-a-Cross Studio in West Des

Moines will reenact the mystery of Christ's death and resurrection at the foot of the cross on Good Friday. These three dances will take the place of our gospel reading from the gospel of John.

April 4 – Easter Celebration:

The Easter Sunrise Service will begin at 6:30 a.m. with the Great Easter Vigil in complete darkness as we light the Easter fire and proclaim Christ's Resurrection with these words led by Deacon Bill Magie "The Light of Christ". The people respond "Thanks Be to God". Candles are lit in the congregation by all members from the Paschal candle once the procession reaches the front of the church.

There will be a 9:00 a.m.

Easter Breakfast. Families will bring fruit or egg casserole to share.

10:30 a.m. – Easter Sunday includes our celebration of the resurrection. The adult choir will sing. We plan to have the children sing the "Alleluias of Easter" to celebrate the Risen Christ.

Easter Egg Hunt:

An Easter Egg Hunt will be held following the 10:30 a.m. service for all children. The older youth will hide the eggs. Eggs have special significance in the Greek Christian tradition. On Holy Thursday eggs are dyed red as red represents the color of life as well as the blood of Christ. Eggs have symbolized to Christians the renewal of life, and the message of the red eggs is victory over death.

We encourage you to bring your family and friends for this special day of celebration as we proclaim

Christ's victory over sin and his resurrection from death and the grave.



Centering Prayer Weekend

This retreat offers a schedule that allows for varying levels of intensity, silence, interaction and direction in a beautiful setting. Wesley Woods sits on hundreds of acres with ample walking trails, including miles of trails that weave throughout Lake Ahquabi State Park. The cost of \$110 includes lodging & meals. For more information visit www.centeriowa.org and click on 2010 Retreat Weekend. You may register with Paul Witmer at pwitmer@centeriowa.org.

After Easter, I will be traveling to Istanbul, Turkey to embark on a 20 day Study Tour April 23-May 12 with Dr. Carl Rasmussen The New Testament Professor of Bethel University in St. Paul, Minnesota and a group of 25 other adults. After Istanbul, Perge, Colossae, Laodicea, Hierapolis, Dydyma, Miletus, Priene, Ephesus, Izmir, Thyatira, Pergamum, Assos, Alexandria Troas, Troy,

Kavala, Philippi, Thessaloniki, Vergina, Veria, Delphi, Athens, Corinth Mycenae, Cenchrea. This has been a dream of mine since my last Sabbatical, which was in Jerusalem and the Sinai Peninsula in 1997.

In addition to my trip to Turkey and Greece will be two opportunities for silent re-

treats. The first will be a three-day retreat and the second will be a 10-day retreat. This will help in fulfilling my training towards a three-year Certification in Spiritual Direction from the Des Moines Pastoral Counseling Center.

Please keep Deb and the family in your prayers as I travel through the Middle East and the mid-west.

Sabbatical Time April 20-July 20 "Walking the Footsteps of St. Paul"

Parents and Lent

Every Parent... Every Home.. Every Night

Daily Devotions for Lent. Parents with children have their own special Lenten Devotions this Lent that is written by a children's author called **Shaped by Love** by Karla Manternach. Each day has a bible verse a reading and a prayer. **This is a great way to work in the Faith 5 Acts in the home. The best and most effective spiritual mentors are parents in the home. Every parent, every home and every night.**

www.faithink.org to view 8 Stepping Stones. **Shaped by Love** may be picked up before Ash Wednesday at the back of the church.

The Faith 5 (Faith Acts in the Home)

1. Share highs and lows of the day
2. Read **Shaped by Love** written by Karla Manternach
3. Talk about Bible Verse
4. Pray about highs and lows and for Haiti
5. Bless (making sign of cross, kissing small finger

or hug) and say a blessing

**The Lord bless you and Keep you,
The Lord make his face to shine on you and be gracious to you. The Lord lift up his countenance upon you,
and give you peace this night and evermore.
Blessing of God Almighty Father, Son and Holy Spirit be with you now and forever Amen**

Wednesday Night Lenten Activities

Join us on Wednesday evenings during Lent , starting on February 24:

- 5:30 - 6:00 p.m. - Stations of the Cross
- 6:00 - 6:45 p.m. - Potluck Supper
- 6:45 - ? - Small group Bible Study (men and women groups)

Easter Eggs

Each year on Easter Sunday we have an Easter Egg hunt for the children following the 10:30 am Easter service. We have plenty of plastic Easter Eggs to do this, but we are asking for donations of candy or small trinkets, toys, or stickers with a Christian theme to put in our Easter Eggs this year. If you don't have time to shop, but want to contribute money, we can do the shopping for you. The Easter Egg Hunt is open to

members and guests. For just a few minutes, we are all given the opportunity to practice the gift of hospitality as adults greet one another, while children search under the watchful, helpful eyes of our youth.



EASTER LILY DONATION

If you would like to purchase an Easter Lily in honor or memory of a loved one, please fill out the Easter Lily Donation slip with your name and the name of the honoree. When you write your check, please write "Easter Lily" in the memo line.

PARISH HEALTH

Parish Health – Brain Injury

By Joann Olson, R.N.



Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." Matthew 22:37 NIV

Your brain is one of the most important organs in your body since it coordinates all of the body's functions and thought processes. Without it you couldn't walk to the store, read your grocery list, count out your change, or hide the chocolate when you get home. It controls involuntary actions such as the beating of your heart and voluntary actions like dialing a phone. A traumatic brain injury (TBI) can happen to anyone and creates many challenges for families living with TBI.

Those at highest risk are children 0-4 years old, 15-19 year olds and military personnel. Although many injuries come from risk-

taking activities such as sky diving or race car driving, many more stem from normal actions of work and play like driving a car, playing a sport, or even falling at home. The onset of spring brings with it many activities for children that may result in brain injury. Long term effects of TBI include problems with memory, managing emotions, and risk of brain disorders in later years.

Decreasing the chance of a injury is easy with some basic safety practices. Wear seat belts to cut down on head injuries in the event of an accident. Have your children wear helmets when they ride bikes or rollerblade. Observe all the safety measures and wear recommended safety equipment when playing sports. Remove the clutter or throw rugs in the homes of your parents and older adults to prevent falls. Take extra caution when climbing on a ladder. Be sure the ladder is stable before climbing.

Don't reach too far beyond the ladder. A simple fall or blow to the head in any of these situations can cause severe complications requiring months or even years of rehabilitation with no guarantee of recovery.

If an injury does occur, watch the victim for signs of blurred vision, confusion, a severe headache, or repetition of questions or statements after the fall. Contact a doctor or visit the emergency room to determine the severity of the injury. Additional serious signs of a TBI might include violent vomiting, seizures or even loss of consciousness. As with other conditions, a timely visit to the emergency room is essential for long term health

Former parishioner dies in Newton

Kathy Tripses, Deacon

William (Bill) Francis Baumgart died on February 28, 2010 at his residence in Newton, Iowa. Services were March 5 at the Prairie Home Cemetery in Waukesha, WI. Bill was a faithful member of St. Anne's for years. His wife Ramona died in December of 2000. Bill was buried next to her.

Bill and Ramona moved to Ankeny from Illinois and joined St. Anne's when their son Kris was living in the Des Moines area. They were faithful and active members since 1986. Bill was a faithful lawn mower and arranger of summer picnics at Saylorville Lake.

Ramona was on the altar guild and active in many activities. After Ramona's death Bill moved to Lake City to be near his son, Kris and subsequently to Newton when Kris relocated there.

There will be a card at church for you to sign if you remember Bill. We will send it to his son Kris in Newton.

You can look up Bill's complete obituary at www.pencefh.com. May light perpetual shine upon Bill. I am sure he is with God planning the next heavenly summer picnic and Ramona is in charge of food!



3/27 - Session 1: Storytelling
 4/16 - Session 2: What is Ministry
 5/15 - Session 3: Owning Our Future
 6/6 - Session 4: Working from Our Strengths
 To be determined - Session 5: How it Works
 To be determined - Session 6: Commendation

DAYLIGHT SAVINGS TIME

Don't forget to "spring ahead" before you go to bed on Saturday, March 13. Daylight Savings Time begins at 2:00 a.m. on Sunday, March 14. You don't want to be late for church!



SAVE THE DATE

Faith Stepping Stones - Stone 2 Raising a Healthy Preschooler, Ages 1-4 May 8, May 22, May 29

Train children in the right way and when old, they will not stray. Proverbs 22:6

Children have physical, spiritual and emotional needs as they grow through the toddler to preschooler stage. Faith Inkubators encourages parents in each of the three sessions to know what the development characteristics are for your child.

The Spiritual development of your toddler is really important later in life. Toddlers will begin to use the names of God and Jesus based on how you yourself use these names. Every night bless your child with a "God Bless You". By connecting the name of God with Blessing, your child will learn to be of spiritual value to God their creator.

Teaching your child to pray is key at this stage of their development. Simple prayers will be learned by rhyme scheme and by memory. The Lord's Prayer morning and bedtime prayers and meal time are valuable for parents teaching their toddlers the importance of daily prayer.

(Continued from page 1)

Topics: Personal stories; St. Anne's Congregational story / history / timeline; Life cycle of a congregation; Importance of theological reflection; and setting norms

Session 2 – What is Ministry?

Date: April 18, 2010
Time: 1:30pm – 5:30pm
Location: To Be Determined
Topics: What is the Episcopal Church; Lay ministry / ministry in daily life; and Baptism

Session 3 – Owning Our Future

Date: May 15, 2010
Time: 9:00am – 1:00pm
Location: To Be Determined
Topics: Context of our congregation; Demographic of St. Anne's congregation and neighborhood; Issues facing the congregation; Internal picture of the world; and Community view of the congregation

Session 4 – Working

from Our Strengths

Date: June 6, 2010
Time: 1:30pm – 5:30pm
Location: To Be Determined
Topics: Gifts discernment in the congregation; Discernment in general / individual / corporate; Asset mapping; and Congregation's community involvement

Session 5 – How it Works

Date: To Be Determined
Time: To Be Determined
Location: To Be Determined
Topics: Looking at the structures that are active in the congregation; Mission of the Church; Mission of St. Anne's; Personal missions; and Vision of St. Anne's

Session 6 – Commendation

Date: To Be Determined
Time: To Be Determined
Location: To Be Determined
Topics: Setting goals and action plans; Becoming a learning organization; Changing paradigms; Accountability; Feedback loops; and Assessment of our ministry

Friday, March 5 from 5:00 p.m. to 8:00 p.m. - Chili Supper at Holy Trinity Lutheran Church, 517 SW Des Moines Street, Ankeny. Free will donation. Many items for silent auction. Donations can be made to Community Choice Credit Union in care of Bradley's Miracle Fund.

Bradley Allen of Ankeny is the son of Chris & Angela (Hammond) Allen. Two year old Bradley was diagnosed with Ependymoma, a rare type of brain and spinal cord cancer, in January of 2010. Bradley has already undergone three surgeries to remove the tumor and is currently receiving Chemo-

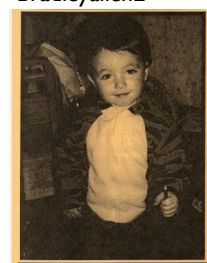
Childcare will be provided during each of the sessions, and snacks and refreshments will also be available. I will notify everyone with the finalized dates, times, and locations of each of the sessions in the near future, but please note the dates and times of the first four sessions in your calendars. Again, I encourage everyone to please make it a priority to help us through this process by attending as many of these sessions as possible!!! If you have any questions or comments, please contact me directly at 515-965-5758 or heidi_schleicher@msn.com

Thank you for helping St. Anne's in this exciting journey!!

Heidi Schleicher

Chili Supper Fundraiser for Bradley Allen

therapy at Blank Children's Hospital. Friends, family and the community are asked to come support this family in a time of crisis. Proceeds from this benefit will go directly to the family for the expenses they will incur in this life challenge. Please follow his progress on CarePages.com/Bradleyallen2



DMARC is Diaper Central

Goal: 60,000 diapers by July 1

By: Deacon Kathy Tripses

Many of the young families receiving food assistance through the DMARC Emergency Food Pantry cannot cover their basic needs for diapers, baby wipes and infant formula.

Diapers are not covered by other safety-net programs, such as SNAP (food stamps) and WIC (Women, Infants and Children).

In just one of DMARC's nine pantry distribution sites, there are more than 1,300 infants and babies age 24 months and younger registered to receive diapers. A healthy infant uses 10-12 diapers in 24 hours, and a healthy toddler 6-8 per day. In limited-income

households, a baby may remain in a single soiled diaper all day, or sometimes days at a time, increases health risks.

In addition an unhappy, constantly crying baby is at high risk to be abused.

Diapers are expensive. A healthy change of disposable diapers for one child costs \$100 a month or more—for all ages. Cloth diapers are often not an option. Licensed childcare centers require parents to leave disposable diapers. Low-income families have limited access to personal washing machines and limited resources to use the machines, even when available.

Many Laundromats do not allow washing of cloth diapers.

When money is tight, having to choose between buying food, paying rent or having an adequate supply of clean diapers for your baby are difficult options—yet this is often the only choice.

You can bring disposable diapers (any size) and place in the food pantry baskets at any time. Please help with this basic need for those who come to any of the nine emergency food pantries (including Ankeny

Thank you from DMARC

Thank you for your November and December gifts of 131 items to the Emergency Food Pantry.

The Food Pantry is a network of nine partner food pantry sites for which DMARC provides free and nutritious food. Working together these sites distribute food to all of Greater Des Moines providing a five-day supply of food once every 30 days to approximately 8000 families annually.

Page 6 Tuesday, February 23, 2010

Lifestyles

FAT TUESDAY BRINGS OUT THEIR WILD SIDES

On Fat Tuesday, Feb. 16, St. Anne's Episcopal Church in Ankeny held its annual pancake supper. More than \$1,000 was raised for St. Anne's youth outreach projects. Following the pancake supper, a talent show was held for anyone who wanted to participate. There were several musical acts and a rap on the Prodigal Son by the Rev. Bob Kem. Right: Annika Baker plays the piano during the talent show.



SUBMITTED PHOTOS

The Rev. Bob Kem offers a rap with a message. Center: Wyatt Carlson looks unsure what to do with the microphone. Right: Chris Purscell blows his horn.

**ANKENY PAPER
FEATURES
PANCAKE SUPPER/
TALENT SHOW**

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)

Administrative Commission

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

Buildings and Grounds

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

Liturgy/Worship Commission

- **Altar Guild** – Erica Lamb (lambone1@mchsi.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@midamerican.com) and Phil Hedges (phrunswithdoes@yahoo.com)

New Members

- Heidi Schleicher (Heidi_schleicher@msn.com)

Christian Formation Commission

- Anne Sankey (patriciaannesankey@mac.com) -
Youth Christian Formation
- **Nursery Coordinator** (nursery to age 3) – Jessica Carlson
- **Godly Play** - Joel Baker (ajjbaker@aol.com)
- **GP Extreme** (grades 3- 5) – Andi Baker
(andi.baker@mchsi.com)
- **Rite 13** (grades 6-8) – Andi Baker
- **J2A** (grades 9-12) – Phil Hedges, Fr. Bob Kem

- **Adult Formation** – Doug Karlen
- **Kerygma Bible Study** – Fr. Bob Kem
- **Order of St. Luke (OSL)** – Andi Baker, Fr. Bob Kem

Fellowship and Parish Life Commission

- Erik Gjullin (egjullin@mindspring.com)
- **Coffee Hour and Kitchen** – Joann Olson

Human Needs

- Mary Oliver (mmo492@q.com) and Audrey West (west1305@aol.com)
- **Little Roses** - Connie Skinner

Pastoral Care Commission

- **Pastoral Care** – Lin Karlen
- **Prayer Chain** – Lin Karlen
- **Parish Health Ministry** - Joann Olson
- **Mill Pond/New Horizons** -Deacon Kathy Tripses
(ktripses@msn.com)
- **Parish Health Ministry** - Joann Olson
(jolson@dwx.com)

Finance Commission

- Tyler Schleicher
(schleichertylerd@johndeere.com)
- Anne Sankey (patriciaannesankey@mac.com)

March Birthdays and Anniversaries

March Anniversaries

3/14-Michelle & Alyson Fey-Awan



March Birthdays

3/3- Jessica Walsh
3/4-Joel Armitage
3/4-Erica Lamb
3/4-Scott Moore
3/8-Ron McCartney
3/9-Tracy Sawhill
3/10-Lin Karlen
3/12-Lorene Harris
3/12-Jim Walsh
3/14-Greg Skinner
3/15-Cassedy Clifton
3/17-Tricia Wittick
3/19-Cole Potter
3/20-Ashton Teague
3/21-Lara Justmann
3/25-Anja Gjullin
3/26-Joel Baker
3/30-David Finch

Putting the Pieces together for our children – Lenten discipline, Holy Week and Easter

Lent is nearly half over. How are you doing in your efforts to keep a Holy Lent? Are you and your family sharing the daily devotions from Shaped by Love? Are you using the Lenten Calendar Healing a Hurting World to raise funds for relief efforts in Haiti, and to give thanks for the many blessings that you have, while so many others suffer. It's not easy, and maybe it's not going so well for you. The good news is that you can start right now where you are. Use this time, for yourself and your family, to get ready for the great Mystery of Easter.

Another way that we prepare for the Mystery of Easter is by attending Holy Week services. It's not uncommon for parents to be a little apprehensive about bringing their children to these services, especially if they, themselves are not familiar with them. It is during this time that we put all of the pieces together. We cannot have the crucifixion without the Resurrection, nor can we fully celebrate the Resurrection without having taken the journey leading to the crucifixion. The Holy Week services provide a way to talk about the journey, and the hope. Teachable moments arise in the foot washing, the Last Supper, and yes, Jesus' death on the cross on Good Friday and the hope that comes with the Resurrection. Children are deeply moved by each of these services. They giggle when water is poured on their feet, they understand and respect the solemnity of the moment when the Garden is assembled in silence, and the altar is stripped. They too want to say they are sorry at the foot of the cross, and they take great joy in singing Alleluia! on Easter Morning.

Holy week activities for children and youth at St. Anne's.

Palm Sunday - March 28

During our 10:30 service children will re-enact the coming of Jesus the King, into Jerusalem with the waving of Palms and laying down of garments during the processional. **We are asking that children arrive by 10:00 am for a brief rehearsal.**

Maundy Thursday – April 1

6:00 p.m. - Children and youth are invited to join the rest of the St. Anne's family at the Agape Meal (Love dinner) before the service begins. The service commemorates the Last Supper and Jesus command that we are to love one another as He loved us. This is exemplified in the act of the foot washing. Children will silently re-create the Garden of Gethsemane where Jesus prayed the night before he was crucified. This has become a wonderfully moving tradition at St. Anne's. The altar will also be stripped, that is all adornments are removed as it is prepared symbolically as a tomb. The Garden is then used as a focal point for those who come into the church throughout the night to pray as Jesus and his disciples did in the Garden of Gethsemane.

Good Friday – April 2

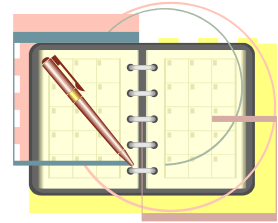
7:00 p.m. - We welcome a group of very talented dancers from Dance-a-Cross, a Christian based dance studio in West Des Moines. Through liturgical dance, they will help us enter into the mystery of Christ's death and resurrection. A Lenten all nighter for the youth will begin immediately following the Good Friday Service.

Easter Sunday – April 4

There will be a Sunrise service at 6:30 am. Breakfast is at 9:00 am for the whole congregation. Be sure to bring something to share. 10:30 service – With the children's help, the "Alleluias" will return as we celebrate the Risen Christ! Following this service, all children, toddler to 5th grade are invited to participate in the Easter Egg Hunt.

Youth Calendar of Events

Every Sunday	unless otherwise noted: Youth meet at St. Anne's from 5-8pm
March 21	Youth will help to make Palm Crosses in preparation for Palm Sunday. They will also help to fill Easter Eggs.
March 26-28	Happening #28 at St. Timothy's, West Des Moines (Grades 9-12)
March 28	Palm Sunday
April 23-25	New Beginnings at Pictured Rocks Camp in Monticello, Iowa (Grades 7-9)
June 27-July 3	Summer Camp at Pictured Rocks Camp (Grades 3-12)



March 26-28 – Happening for youth in grades 9-12. St. Timothy's Episcopal Church, West Des Moines

The weekend is a retreat, in that it is a closed environment focused on personal reflection and group worship, separate from outside distractions and worries. However, it is a unique and truly special experience every year, which cultivates strong bonds between youth and an extraordinary community built around love and Christ. It is hard to convey in words how much this weekend means to most who attend.

The weekend itself is structured into four segments: the "God" segment, the "Me" segment, the "God and Me" segment, and the "God, Me, and the World" segment, each containing talks given by youth, and small group discussions in a "family" or small group environment. We try to ensure that every youth participant is able to find ways to connect to each other and to God, through prayer, song, and reflection. **Although sponsored by the Episcopal Diocese of Iowa, all high school students from any denomination are invited to attend.**

April 23-25 – New Beginnings: youth in grades 6-9.

Pictured Rocks Camp, Monticello Iowa. We have a large number of youth eligible to attend this event. It would be a great way for them to share together a common experience AND meet other youth from around the diocese. Please plan on having your young person attend. (No youth group on April 25). We will need help with transportation with this event. See Andi for details.

What is New Beginnings?

○ A fun, lively retreat weekend designed for youth in the grades of

7-9 (ages 12-15).

○ Is a unique weekend experience designed to respond to the unique issues, concerns, and needs of teenagers.

○ It is run by a team of motivated Christian youth dedicated to serving all on the weekend by living the gospel of Jesus Christ.

○ A chance for youth to reflect on the important relationships in their lives and consider making a "New Beginning."

Songs, snacks, skits, games, old friends and

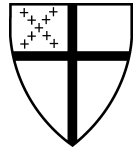
new friends.

A Spiritual Experience for Youth...

Even though **New Beginnings** is hosted in the Episcopal Church tradition, this experience is for all Christian youth. Episcopal youth are encouraged to invite their Christian friends to the weekend. **New Beginnings** is a great outing for an entire junior high youth group. Often, **New Beginnings** is the first opportunity for a young person to pause and reflect on his or her situation and God.

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 I (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)

Tuesdays:

10:00 a.m. - 11:30 a.m. - Kerygma Bible Study

Wednesdays until February 24:

7:30 a.m. - Holy Eucharist / Healing
6:00 p.m. - Potluck Supper
7:15 p.m. Bible Study

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.

Wednesday Lenten Schedule

5:30 - 6:00 p.m. - Stations of the Cross

6:00 - 6:45 p.m. - Potluck Supper

6:45 p.m. - Small group Bible Study on the Prodigal Son