

# The Vine and The Branches

St. Anne's Episcopal Church  
Mission:

**“Striving to Grow in Christ’s Love  
and Share it With Others”**



## March 2012

### Lenten Study on the Psalms “Online” and “On Sundays”

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

#### Calendar of Events

##### February

29 Taize Evening Prayer at 6:30 p.m.

##### March

3 Men's Fellowship Breakfast  
7 Taize Evening Prayer at 6:30 p.m.  
14 Taize Evening Prayer at 6:30 p.m.  
17 Filipino Fusion at Our Lady's Immaculate Heart at 6:30 p.m. (see article on page 2 for more details)  
21 Taize Evening Prayer at 6:30 p.m.  
28 Taize Evening Prayer at 6:30 p.m.

##### April

1 Palm Sunday - Passion Play According to Mark  
2, 3, 4 - Stations of the Cross (Monday, Tuesday, Wednesday) at 7:00 p.m.  
5 Last Supper - Agape Meal at 5:30 p.m.; Foot Washing at 7:00 p.m.  
6 Good Friday service at Ankeny Christian Church at 7:00 p.m.  
7 Men's Fellowship at 8:00 a.m.  
8 Easter Sunday

For complete calendar, visit [www.saechurch.org/calendars.html](http://www.saechurch.org/calendars.html)

The Book of Psalms is 150 songs and prayers taken from the Book of the Hebrew Bible. Psalms is referred to as music of the lyre or songs sung to a harp. Some of these writings date back 1,000 years before Jesus. They include authors like David, Solomon, Moses and others.

The psalms were prayers to God that were set to music. Psalms were used on specific occasions and festivals of celebration. Psalms 1 and 2 invite the reader to be attentive to the matters of God's claim upon the world and God's will for the world, which is to establish justice, right-

eousness and peace.

The Psalms are songs of praise, psalms of trust, and prayers for help. The psalms and in general the liturgy of the Hebrews display the full range of human emotions, human dreams, human love, evil and hate.

*(Continued on page 3)*

### PSALMS FOR INDIVIDUAL STUDY IN LENT

**The following Psalms are to be read at home during your prayer time:**

February 22 - Ash Wednesday - **Psalm 51**  
February 26 - First Sunday - **Psalm 51**  
March 4 - **Psalm 23** - The Lord Is My Shepherd  
March 11 - **Psalm 2** - You are My Son  
March 18 - **Psalm 69** - Zeal For Your House  
March 25 - **Psalm 22** - Jesus Abandoned and Exalted

Visit [www.saechurch.org](http://www.saechurch.org) and click on Lenten Weekly Readings for readings and questions.

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

## Thank you

"Jackie of New Orleans" *the food you bring to gave us a Christmas Card at the Christmas Dinner for the Homeless and Hungry on Dec. 19 along with a Holiday Greetings banner which is now posted on the door to the Sacristy. The printed message reads, "Let us rejoice in the miracle... Let us open our heart to His love! Have a Blessed Christmas". Her written message says, "and a wonderful happy new year to all the members and good servers of our delicious meals all during the year. From Jackie of New Orleans. Thank you for all*

*serve to us. God Bless you all."*

Jackie comes to every meal in her red scooter; she lives in low-rent housing for the elderly downtown and she sometimes brings donations which she quietly gives Mary asking that they be given to someone "who needs them more than we do here." Her words of appreciation are heartfelt and reflect the statements made by many of the people who come for meals.



## Thank you from Family 169

St. Anne's participated in the Ankeny Holiday Assistance Program by sponsoring one of the 256 Ankeny families in need of assistance during the 2011 holiday season.

We sponsored a mom and her two children, a toddler and a baby.

We received a thank you: "Thank you so much for helping me and my baby have a great x-mas. Thank you, Family 169"

The Ankeny Service Center reported that assistance was provided to 998 individuals, including 658 children.

## Employment Opportunity

New Horizons Adult Day Center in Ankeny is looking for a full-time CNA. CMA certification preferred. Current CPR with AED certification required. Personal care of elderly and adults with brain injuries. Must be able to do 1-person transfers. Team member work environment. M-F, 9:00 – 5:30. Contact Vicki at 965-1602.

## Filipino Fusion (Fundraiser for Medical Mission Trip)

St. Anne's and the Igorots of Iowa present:

A Fusion of American and Filipino Food for dinner.

- Wine and non-alcoholic beverages
- Live Music and Dancing
- Raffle Prizes

Tickets are \$25 per person or a table of eight for \$175.

The Filipino Fusion will be held at Our Lady's Immaculate Heart Church, 510 East 1st Street, Ankeny on Saturday, March 17 at 6:30 p.m.

Contact the St. Anne's office at 515-964-5152 for tickets.

Tickets are also available on Sunday mornings in the parish Hall.

There are volunteer opportunities available. Please contact St. Anne's Office at 515/964-5152 if you would like to help.

## New Horizons Adult Day Center 11<sup>th</sup> Annual Lasagna Dinner

**April 13, 2012**

**4:30 – 7:00 pm**

**Ankeny First United Methodist Church Fellowship Hall**

**206 SW Walnut St**

**Adults Advance \$8 / Door \$9**

**Child (under 10) Advance \$4 / Door \$5**

**Under 3 Free**

**Take Out available**

**Tickets can be purchased by calling 965-1602 or stopping at New Horizons**

## Project Fresh Start Needs Prom Dresses

Ankeny's Project Fresh Start is again sponsoring its Prom Dress Project. Donations of new or gently used dresses, tuxedos and accessories are needed for the 2012 Prom season. These are then made available to high school students in Ankeny and surrounding communities at no cost or obligation.



cleaning of used garments before donation is greatly appreciated!

If you have any Prom dresses, tuxedos or accessories (purses, shoes, jewelry, ties, etc.) to donate, please bring them to Holy Trinity Lutheran Church, 517 SW Des Moines Street. Dry

If you have any questions please contact Lu Ann Barnes at [llbarneshome@hotmail.com](mailto:llbarneshome@hotmail.com) or Tammy Helvick at [tamara-](mailto:tamara-)

## d365 Daily Online Devotional

The d365 daily devotional series is produced by [Passport, Inc.](http://Passport, Inc.) Passport's seasonal devotional sites, Following the Star and Journey to the Cross, help readers journey through Advent and Lent. These series are written especially for students and seek to provide reflections on themes that impact our faith journey. We hope that in the midst of busy or boring days, these sites will create a quiet space in your life for contemplation and prayer.

**d365.org**, a daily online devotional series, was created and is produced by

[Passport, Inc.](http://Passport, Inc.) Passport is a student ministry organization focused on creating meaningful experiences and resources for students. From [Youth](#) and [Children's](#) camps, to international awareness and youth leader resources, Passport, Inc. gives students a chance to see and experience their world in new ways.

d365.org is sponsored by three denominational partners: the Congregational Life office of the [Cooperative Baptist Fellowship](#), the Youth and Young Adult Ministries of the [Presbyterian Church \(USA\)](#), the Youth Ministries Office of [The Episcopal Church](#).

*(Continued from page 1)*

Jesus grew up with the psalms, knew and memorized the psalms as a young boy. The psalms display the full range of human emotions, dreams, love, and human hatred.

Jesus certainly used the psalms as prayers to God, as a source for authoritative teaching, and he saw the psalms taking fulfillment in his own life especially during the final days of his passion and personal suffering.

Jesus turned to the psalms for words to express his deepest thoughts and emotions. Our study in Lent will focus on the psalms that parallel Jesus life and ministry among us.

Each week we will read a different psalm and reflect on the psalm in a prayerful way in order to begin to grasp its meaning. Each Sunday a sermon will be preached about the psalm and how it was a relection of Jesus ministry and how it applies and gives meaning to our spiritual relationship with God.

The d365 daily online devotional can be accessed from the St. Anne's website homepage.

You can also access the Forward Day by Day daily devotional from the St. Anne's website.



# PARISH HEALTH

## Notes from Your Faith Community Health Nurse Family

By: Joann Olson, RN, Ed.D

*"It is not good for man to be alone."* Genesis 2:18  
NIV

The celebrations of faith and family during Kwanza, Hanukkah, and Christmas are over, yet attention to family is just as important in January as it was in December. Since the family of the 1950's is no longer the norm, we as a church need to ask what it means to be 'family,' how we support families, and how we reclaim its importance.

Today's families are led by traditional parents, single parents, gay couples,

blended or step families, or by a group that is unrelated. Even though they may look different, each group is made of people who support and love each other in all of life's situations. Without family, people are often set adrift with no direction or support which tends to make them less healthy. Positive relationships provide unconditional love and encouragement which fosters self-esteem, positive attitudes, and better health habits. They ground a person and provide building blocks for other relationships.

How does one build and nurture positive families? Be in-

terested in each other's activities. Attend and support each other's interests and events. Plan outings for the family and offer positive, bonding experiences. Listen to each other and learn to 'agree to disagree' as families also need to understand and deal with conflict.

All families have highs and lows so it is important to teach children how to handle disappointment and adversity as well as how to celebrate the joys and wonders of family life. Embrace all family life whether it consists of a biological, church, neighborhood, college, or other supportive 'family.' Each setting is important to your spiritual, mental, and physical health.



# DMARC

## AN EXTRAORDINARY YEAR 2011

By: Deacon Kathy Tripses

The year of "Twenty-eleven" had two extraordinary features; need and response.

### NEED:

1. In Iowa the number of families at risk of becoming homeless increased by 75.6%.
2. Nearly one of every two people assisted through DMARC's Food Pantry Network is a child or youth under 25 years of age.
3. Emergency Food Pantry requests are up by 7% over 2010 - a record high

### RESPONSE:

The DMARC food pantry network operated 12 neighborhood based pantry sites that assisted 10-12,000 people EACH MONTH.

1. Volunteers contributed 28,000 hours of service, the equivalent of nearly 13.5 full time staff positions.
2. Loyal and expanded DMARC network of congregations, grocers, vendors, producers, civic

groups, businesses, and individuals collected and/or provided food and personal products as well as cash donations.

3. Supplemental Nutrition Assistance Program (SNAP), the old Food Stamp program, were activated at 8 DMARC partner locations, where trained assistants helped families apply for public food assistance of this printing. (Those who have been turned down in the past are encouraged to apply again under the new guidelines.)

You can check out an online a community calendar with faith based events at [www.dmreligious.org](http://www.dmreligious.org). You can also download your own church events or needs on this site for surfing and for publication every two weeks to over 400 addresses. Included in this bi weekly calendar are special community events, Faith Community News, Employment, and or

Volunteer Opportunities, Training Seminars, Webinars, Conferences, etc. Also check out [www.movefood.org](http://www.movefood.org)

Incidentally, there are three Episcopalians now working regular volunteer hours at DMARC: Cindy Morton, Cathedral Church of St. Paul (Red Barrel Program), Terry Walker (SNAP assistant) from St. Stephen's, Newton and Kathy Tripses, (newsletter and volunteer scheduler), St. Anne's, Ankeny.

If you are interested in volunteering either in the Food Pantry Warehouse or at a Red Barrel Sack Saturday, contact Kathy who will provide more information. Or call 277-6969.



# 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

- 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 (egjullin@mindspring.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)

## Doors to Membership at St. Anne's

There are several doors to membership open to people who wish to become new members of St. Anne's Family. See where you are on your journey of faith and we promise to prepare you for the visitation and welcome of our Bishop of Iowa, Bishop Alan Scarfe.

**HOLY BAPTISM:** This is the first door available for infants as well as adults. If you have never been baptized in the Christian Church in the name of the Trinity and with water, we invite you to take instruction for the candidates and parents, god-parents and sponsors.

Contact Fr. Bob

**CONFIRMATION** is the second door available to all persons in grades 9-12 and adults. This takes place when an adult stands before the Bishop and congregation to profess Jesus

Christ as Lord and Savior and promises with the congregation to follow and obey him daily. An adult may have had his parents say this for him at baptism as an infant, but now is the time for each person to choose for themselves alone.

**RECEPTION:** The third door to membership takes place when a person is received into the Episcopal Church. They may have been baptized or confirmed as a Lutheran, Roman Catholic, or Methodists. The bishop receives new members from the other denomination into the Episcopal Church.

**REAFFIRMATION:** A fourth door to membership is reaffirmation. This is a reaffirming your baptismal and con-

firmation vows. Parents, sponsors, God parents and all members of the congregation may come forward for the Bishop's blessing and to reaffirm their commitment to follow Christ through worship, prayer and service. Especially New Vestry members or those taking on a new ministry are encouraged to receive the Holy Spirit to strengthen them in their new tasks.

Please call the church office 964-5152 to attend one of the courses being offered to help in your biblical study and preparation for these important doors or paths to membership. You may e-mail [secretary@saechurch.org](mailto:secretary@saechurch.org) or [rector@saechurch.org](mailto:rector@saechurch.org) for more information.



### New Member Class

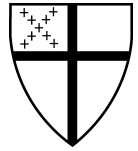
A new member class will be forming in the next couple of weeks. Details will be shared when they are finalized.

### WEDNESDAYS IN LENT

6:30 p.m. - Candlelight Service/with Psalms and Taize music  
7:30 p.m. - Dessert potluck

St. Anne's Episcopal Church

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



We're on the web:  
[www.saechurch.org](http://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

7:00 p.m. - Contemplative Prayer Group

### Wednesdays

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

6:30 p.m. - Candlelight Service with Psalms and Taize music (from February 29 to March 28)

## Birthdays and Anniversaries

### Birthdays

3/3 Jessica Hutchins

3/4 Erica Lamb

3/4 Scott Moore

3/8 Ron McCartney

3/9 Tracy Sawhill

3/10 Lin Karlen

3/12 Jim Walsh

3/14 Greg Skinner

3/15 Cassidy Clifton

3/20 Ashton Teague

3/25 Anja Gjullin

3/26 Joel Baker

3/30 David Finch

### Anniversaries

3/14 Michelle & Alyson Fey-Awan



Church office email: [secretary@saechurch.org](mailto:secretary@saechurch.org)

Phone: 515-964-5152

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