

# St. Anne's Episcopal Church

## MAY 2010

### Take the Long Way -- It's Shorter

#### Calendar of Events

##### May

- 1 - Faith Stepping Stones 2 - Raising a Healthy Preschooler
- 1 - Pine Ridge Mission Trip Deposit due
- 2 - Youth Outing at 4:00 p.m.
- 8 - Faith Stepping Stones 2 - Raising a Healthy Preschooler
- 9 - Mother's Day/Teacher Appreciation Sunday
- 15 - Congregational Development at Mill Pond
- 22 - Faith Stepping Stones 2 - Raising a Healthy Preschooler
- 23 - Cookout/Fishing at Skinners
- 31 - Memorial Day

##### June

- 4 & 5 - St. Anne's Garage Sale
- 6 - 1st Summer Cookout
- 6 - Congregational Development Meeting at St. Anne's
- 13 - Youth Car Wash While you Worship

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

To St. Anne's-

We, parish members and I, R. Elfvin, are now going to have some time managing services without the rector of St. Anne's. No doubt, you have had to deal with vacations, Pine Ridge, etc. In some ways, Robert going a greater distance is not much different from that familiar and usual experience. For Fr. Kem my prayer is that the experience of this time will be profound and fill him with new resolve and insight. For those left here in Iowa I hope it will be as joyful for you as for me and perhaps sprinkled with a little insight.

Alice said, "What road shall I take?" The Cheshire Cat said to Alice, "Where is it you would like to go?" "I don't know." said Alice.

And what did the cat say to that. He simply concluded that if Alice did not know her destination, then it did not matter what road she would take. This makes me smile at a similar statement made by my grandson recently. He was free to play in the neighborhood He was to keep the one watching over him informed where he was going. When he was seen at

another house and called back home, grandma asked, "Why did you not tell me you were going there?" He said, "I did not know I was going there, how could I tell you."

I think he might be related to Alice. I had a bishop once who had not traveled much. He was invited to go to the Holy Land with

*(Continued on page 6)*

#### Welcome Fr. Elfvin

We welcome the Rev. Canon Robert R. Elfvin to St. Anne's. Fr. Elfvin will be preaching and celebrating at the worship services during the month of May.

Please wear your name-tags and introduce yourself to Fr. Elfvin.



#### Fr. Bob's Sabbatical News

Visit Fr. Bob's blog - Following St. Paul's Footsteps - at <http://frbobkem.blogspot.com>

#### Inside this issue:

<a href="#">Pine Ridge Mission Trip</a>	2
<a href="#">Graduating Seniors</a>	3
<a href="#">Important Dates</a>	3
<a href="#">Parish Health</a>	4
<a href="#">St. Anne's Cookouts</a>	5
<a href="#">Garage Sale</a>	5
<a href="#">Faith Stepping Stone #2</a>	5
<a href="#">DMARC</a>	6
<a href="#">Ministry Commissions</a>	7
<a href="#">Birthdays/Anniversaries</a>	8

## Pine Ridge Mission Trip Planning and Fundraising Underway

For nearly 20 years, the past eight, from St. Anne's, a group of youth and adults travels to the Pine Ridge Reservation in South Dakota. Fr. Bob has been using these teams to build relationships with the Lakota people, through the Reverend Cordelia Red Owl. This relationship building happens through the daily breakfast and lunch gatherings and Vacation Bible School. The young people from St. Anne's, other churches around the Diocese of Iowa and even other states play outdoors with the Lakota children, learn songs together, worship together, and craft together.

Our mission trip also finds us serving in the community of Gordon, Nebraska as we participate in a healing service with the members of the Presbyterian and Episcopal

Churches. There is plenty of time for fun too, in our walks to the Covered Wagon for ice cream, afternoons at the city pool. We also take side trips to learn more about the culture of the Lakota people and how their situation of poverty came to be. Our week ends with a trip to the Badlands, and finally a relaxing float trip down the Niobrara River.

Our young people are working diligently to raise funds for expenses, and scholarships so they may participate in this amazing experience. Several of our families have more than one person going on the trip so we appreciate your generosity. The cost is \$300 per person.

### Need Help with your Yard Work?

Throughout the spring and summer, youth will be available to help with yard work. Youth can help pick up leaves, twigs and other yard debris, light outdoor maintenance, and prepare soil and gardens for planting, all under your direction and supervision, with an adult chaperone. The recommended minimum donation is \$10 per hour per youth with a maximum commitment of three hours and a request that

light refreshments be provided. A sign up will be available in the fellowship hall and you can contact Andi Baker at [andi.baker@mchsi.com](mailto:andi.baker@mchsi.com), or Karen Carter at [secretary@saechurch.org](mailto:secretary@saechurch.org) to let us know of your needs.

Please include your name, phone #, and e-mail along with a description of the work you need done, the number of people you think will be needed and

the block of time you would like to set aside for this. An anticipated date of completion would also be helpful. We will work to accommodate having youth available in the evenings after school, or on weekends.



### Mother's Day Breakfast

Bring Mom to St. Anne's for breakfast and sweeten her day with a beautiful carnation corsage on Mother's Day. St. Anne's youth will be holding a breakfast in honor of Mom, on Sunday, May 9 between the services, from 9:00 am to 10:15 am. Tickets for the breakfast are \$5.00 for Adults and \$3.00 for children under 12 years. Corsages are \$5.00. Please talk with any of our youth to purchase tickets and to place your corsage order. We encourage you to bring your extended family to share in this special day or purchase an extra corsage for those you may visit following the service. Proceeds from this event will support the Pine Ridge Mission Trip and future youth programming.



### Childcare

Some of our youth are also volunteering their time in the nursery, providing childcare during our Congregational Development meetings. They may also be available to baby sit in your homes as well.

There are other ways that you can help support the mission work as well. We will be asking for donations of backpacks, school supplies, and cleaning and kitchen supplies, non

-perishable foods, and personal care products. A list is attached if you'd like to get a jump start. This information is also available on St. Anne's Website at [www.saechurch.org](http://www.saechurch.org). You may begin bringing donations to St. Anne's after June 6.

We will reach out to nearly 100 Lakota children and their families. Please be a part of our mission.

## CONGRATUALIONS TO GRADUATING SENIORS



### Winnie Lejukole

My name is Winnie Lejukole and I will be graduating from Southwestern Community College with a AA degree this May. I had such a great time at SWCC, involving my self in volleyball, dance team, student ambassador and so many other leadership positions. I won a lot of awards with my involvements this year and my biggest award was when I was named 2010 female athlete of the year. I will be attend-

ing University of Iowa this fall double majoring in International Business and Japanese language. My plan is to study abroad my senior year and get my BA degree in both of my majors and hopefully get a good career some day.



### Chris Purscell

Chris Purscell will be graduating from Southeast Polk High School on May 23<sup>rd</sup>. During his high school career he has been very involved in the band program. Chris has participated in Concert Band '06-'07, Symphonic and Marching Band, Jazz II '07-'10, Wind Ensemble and Jazz I '08-'10, Chamber Singers '09-'10. This past fall Chris

was selected as Drum Major and led the Marching Rams to a I rating at state level competition. He is an All State euphonium player. This spring the jazz band, in which Chris plays trombone and was invited for the first time in school history to participate in the state jazz band competition. He is also the drummer in residence at St Anne's

Episcopal Church. Chris will be attending Drake University in the fall. He will be pursuing a Bachelors of Science degree in physics with a minor in music on the euphonium. Friends at St. Anne's are invited to Chris' graduation open house on May, 23<sup>rd</sup> from 2-4 pm at the Purscell home located at 903 4<sup>th</sup> ST SW Altoona, IA.

## Important Dates!!

May 1 - Deposit of \$100 for Pine Ridge Mission Trip is due. Get this in to save your spot.

May 2 - **Youth meet at St. Anne's at 4:00 p.m.** We will be meeting with youth from St. Tim's at BLUE GILLS, 4:30 to 6:30pm, for two hours of total fun with go-carts, batting cages, mini-golf, pizza, and soda. Please bring \$5 and thank our hosts for inviting us. We will need parents to assist with transportation. We will meet at St. Anne's afterwards to take care of some planning details for our Mother's Day breakfast. Plan on picking up your young people at 8:00 p.m.

May 8 - Meet at St. Anne's at 3:00 p.m. Bring ingredients for breakfast casserole and a pan to bake it in. We will prepare casseroles, set tables and assemble corsages. This is the last formal youth group gathering until June 6.

May 9 - Arrive at St. Anne's by 8:30 a.m. to serve breakfast and distribute corsages. No Youth Group tonight.

June 1 - Final payment of \$200 for Pine Ridge due.

June 6 - Youth will resume weekly gatherings this month. Summer Church School begins with Winnie Lejukole. She will be using "The Gospel According to Dr. Seuss".

June 9 - Christian Formation Meeting at St. Anne's.

June 19 - Pine Ridge Orientation. Possibly a Lock-in. Save the date.

June 27-July 2 - Summer Camp at Camp Pictured Rock for those who have finished third grade through high school.

July 4 - Children and Youth Family service at 10:30 a.m..

# PARISH HEALTH

## Skin Health

By: Joann Olson, RN, MA

**Remember SLIP SLAP SLOP. Slip on sunglasses, slap on a hat, slop on sun screen.**

We look forward to spring and summer because it provides us with many activities that we are not able to do in the winter. Along with the increased sun exposure and outdoor activity comes the potential for skin damage which may lead to skin cancer. Skin cancer is one of the most common forms of cancer in the U.S. and can be linked to sun exposure over a person's lifetime as well as family history. The two most common types of skin cancer, basal cell and squamous cell carcinoma are highly curable. However, Melanoma, the third most common type, is more dangerous. The incidence of melanoma in Iowa is 16.7-19.1/100,000 and the incidence of melanoma in the U.S. has increased significantly by 7.7% per year for men and 2.9 per year for women. ([www.cdc.gov/cancer/skincancerstatistics](http://www.cdc.gov/cancer/skincancerstatistics)). While this does not seem like a huge number epidemiologic data suggest that most skin cancers can be prevented if children, adolescents, and adults are protected from UV radiation ([www.cdc.gov/cancer/skin](http://www.cdc.gov/cancer/skin)).

A few simple measures to prevent skin cancer:

- Avoid direct sun exposure between the hours of 10am and 4pm
- Wear light colored densely woven clothing to prevent exposure of covered skin.
- Wear a hat with at least a three inch brim to protect the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Apply sun screen with at least SPF 15 to all exposed skin surfaces. Reapply every two hours when in the sun, and after getting out of the water.
- Be a good role model for children. Sun damage is the greatest in childhood and adolescent. Only 9% of adolescents reported routine use of sunscreen, and the same percent of teens used tanning devices. Tanning beds have the same danger of skin damage as natural sunlight.

**Remember SLIP SLAP SLOP. Slip on sunglasses, slap on a hat, slop on sun screen.**

References: [www.cdc.gov](http://www.cdc.gov); [www.healthywomen.org](http://www.healthywomen.org)



## St. Anne's Cookouts

Cookouts have been scheduled at St. Anne's on Sunday, June 6, Sunday, July 11 and Sunday, August 8.

Hamburgers and hot dogs will be provided.

Please bring a vegetable, salad or dessert to share and get to know our new families.



## St. Anne's Garage Sale

St. Anne's Annual Garage Sale will be held on June 4 and 5.

Please bring any items you want to donate for the garage sale to the church.



## JOIN US FOR FISH, FUN, AND FELLOWSHIP ON MAY 23

The Skinners are hosting a cookout and fishing day at their house on May 23 after the 10:30 worship service. Burgers, hot dogs, chicken, beverages and tableware will be provided. Everyone is asked to bring a side dish or dessert to share. Bring your fishing gear. Let's see who catches the biggest fish! There is also a putting green and badminton. Tour the mini-arboretum and climb the 2-story tree house. Walk through the Secret Garden. Skinners'

house is easy to find, close to St. Anne's at 514 SW Irvinedale Drive, the frontage road turn-off by the Ankeny Country Club sign, a couple blocks South of Casey's on the corner of West First Street and Irvinedale. Look for the little trees in the front yard. Call Connie at 964-0297 for more information. **Since Fr. Bob will be on Sabbatical, someone will be needed to help the younger ones bait their hooks! Joel Baker?**



## Faith Stepping Stone #2

## Raising a Healthy Pre-schooler

The first session of **Raising a Healthy Pre-schooler** will start on **Saturday, May 1 at 10:00 a.m. at St. Anne's.**

The purpose of this Stone:

- To teach parents to care for the physical, emotional, and spiritual needs of their pre-schooler
- To teach parents to nurture their own physical, emotional, and spiritual needs in the process.
- To spawn the formation of a supportive small group network for these parents
- To call parents to add the practice of praying with their little ones to their nightly bedtime ritual of blessing their children and putting them to sleep with music that features God's Word

Please call the church office at 964-5152 or email [secretary@saechurch.org](mailto:secretary@saechurch.org) to reserve your spot.



# DMARC

## DMARC ANNOUNCES REVISED LIST OF “MOST NEEDED FOODS”

By: Deacon Kathy Tripses

Effective immediately the DMARC Emergency Food Pantry has announced a revised list of most needed foods. This decision was based on DMARC's commitment to providing emergency food that is not only free, but also nutritious. DMARC asks that its member congregations help promote health and wellness by noting this list of food when shopping for their donations.

DMARC pantry users have three times the incidence of diabetes of the general population. In collaboration with Susan Klein, recently retired from Iowa State University Extension, this new list includes foods that eliminate as much sugar, fat and salt as possible. It also provides more healthy choices for diabetes-restricted dieters.

The next steps anticipated by DMARC are to engage with food education among pantry users. They envision sharing recipes and offering cooking classes. The revised list is posted on St. Anne's donation baskets or is available on the internet at the DMARC website, [www.dmreligious.org](http://www.dmreligious.org)

For questions or further information contact the DMARC Food Pantry Director, Elisabeth Ballstadt at 515-277-6969.



*(Continued from page 1)*

some other bishops etc. He came back declaring that every seminarian should have such an experience. It never became the practice in that diocese to send seminarians on such an adventure. Too much money and a waste of time and resource was the argument.

In 1995 Karon and I went to Greece and Turkey. I had always imagined going to such places. A friend who had been a travel agent said to me, "Why don't you lead a tour." I said that I could not really do that. She said, "Why, you know the history and speak the language." She convinced me and we had a great time. Karon, my wife of 44 years, said, "This trip has made ancient history real to me."

When Gandhi returned to India after a time in South Africa. He did not immediately go to the meeting of the politically astute. No, he took the long way to the meeting. He rode the train and walked the dusty streets. He sampled as best he could the living conditions of the countless people that make that population. He walked and rode until he got a sense of the seven thousand villages that make that country what it really is. Then he went to the meeting and spoke a few words.

The long way is often the shortest if one wishes to obtain understanding or appreciation. Robert Frost wrote the poem, *Stopping by Woods on a Snowy Evening*. In it he takes the long way home

with horse and sleigh. He stops and takes in the snow, the darkness, the wood and the sky. He muses that the horse must think it strange that we should stop in such a place. The horse shakes his head seeming to want to get somewhere less contemplative. Frost then goes back home with the refrain "miles to go before I sleep, miles to go before I sleep." Be thankful that you don't have to explain your life to your horse.

RR Elfvin



# 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 Ol-  
son

## Human Needs

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

## Pastoral Care Commission

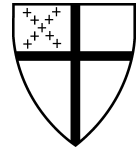
- **Pastoral Care** – Lin Karlen
- **Prayer Chain** – Lin Karlen
- **Parish Health Ministry** - Joann Olson
- **Mill Pond/New Horizons** -Deacon  
Kathy Tripses (ktripses@msn.com)
- **Parish Health Ministry** - Joann Olson  
(jolson@dwx.com)

## Finance Commission

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

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 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 3-5)
- 5:00 p.m. to 8:00 p.m. - Rite 13/J2A (Grades 6-12)

### Wednesdays

7:30 a.m. - Holy Eucharist / Healing

### Thursdays:

7:00 p.m. - Contemplative Prayer Group

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

Phone: 515-964-5152

Office Hours: Monday through Thursday 1:00 - 5:00 p.m.

All times by appointment.

### Birthdays

- 5/2-Mary Grace Hanson
- 5/3-Carol Dixson
- 5/11-Steve Hanson
- 5/11-Fr. Robert Kem, Sr.
- 5/12-Fonda Wettestad
- 5/15-Aric Jackson
- 5/15-Jasinta Lejukole
- 5/17-Annika Armitage
- 5/18-Sarah Eichhorn
- 5/20-Farance Fey-Awan
- 5/21-Danielle Kem
- 5/22-Hanna Hagen
- 5/25-Wyatt Carlson
- 5/25-Andrew Waller
- 5/26-Anja Armitage
- 5/29-Nyathak Koak
- 5/30-Barbara Canova
- 5/30-Cameron Welch-Groves

## Birthdays and Anniversaries

### Anniversaries

- 5/11-Gary and Michele Teague
- 5/16-Greg and Connie Skinner

