

The Vine and The Branches

St. Anne's Episcopal Church
Mission:

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

SEPTEMBER 2011

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

KICK-OFF SUNDAY September 11 at 8:00 and 10:30

Calendar of Events

September

- 11-Kick-Off Sunday - Fall programs Begin
- 13-Unfinished Business
- 18-DMARC Donation Sunday
- 25-Homeless Meal
- 25-Millpond
- 30 ECBF Meeting at St. Anne's

October

- 9-Flag Raising Ceremony
- 16-Pet Blessing
- 23-Homeless Meal
- 28 to 29-Diocesan Convention
- 29-Reggie's Sleepout

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

Kick-Off Sunday provides the family of St. Anne's the wonderful opportunity to come together to begin the fall. Each of our biological families have taken the time to get away for the summer and to be reunited with family and friends we do not often see. Distances are bridged to make our family acquaintances again.

St. Anne's is a different family. We come to-

gether with Christ at the center of our being. We are **united in Christ** and **“we strive to grow in Christ's love and share it with others.”** (St. Anne's Mission Statement in 2011) We have been praying that God will grant us His Holy Spirit to place us on a firmer foundation financially. Many members who had lost jobs are now back to work. The ECBF has kept

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Inside this issue:

ECBF Update for September 2011

We are pleased to report a fantastic turnout for our August 21, 2011 “Casting Our Nets for a Big Catch” brainstorming event! Thanks to everyone who helped make this event possible...AND everyone who took time out of their day to join us and participate. We all enjoyed a wonderful meal together, and we joined together as a congregation for a productive and invigorating brain-

storming session! The main theme for the event centered around change: whether we are going to 1) accept impending change from our current financial situation or 2) take control of our own fates and create a positive change that we want. The group that attended resoundingly supported creating a positive change for ourselves! We spent more than two solid hours thinking of creative business concepts to gen-

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

Spotlight on Vestry:

Lorene Harris, Junior Warden



I consider myself a child of God, a wife, a mother, a sister, a daughter, a grand-mother, a friend, a caretaker, as well as a professor and teacher. I consider my spiritual gift as being a helper. That is many hats to wear! Whenever I get weary, I imagine Jesus is carrying me on a beach like in the print scenario. I know I am safe and will be renewed, secure in His loving arms.

I love antiques and antique ways & crafts, especially hand quilting, weaving and spinning wool into yarn. Spinning makes me feel connected to all the women who have been spun wool for the last 10,000 years. Quilting is relatively new but still considered an antique craft. I have a rug beater, a 2-gallon butter churn as well as my Dad's old lantern. I must confess I have never churned butter in the 2-gallon Red Wing butter crock.

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VOLUNTEERS ARE NEEDED FOR MINISTRY

St. Paul states that we are all part of the Body of Christ and individually members of it. That means that each one of us is important to the other parts of the Body of Christ at St. Anne's. Have you had an opportunity to exercise your God-given talents at St. Anne's?

St. Anne's might not be able to reach our God given potential if only a few parts of the Body are working do the Lord's ministry.

More Pastoral Care is needed as we discover ways to better keep in touch with each family at St. Anne's. The Tele-Care Ministry is telephone others to see how they are?

Pastoral Care could use more people willing to visit members in the hospital. Pastoral Care could use volunteers to supply luncheons for families who have lost loved ones. Pastoral Care could use more prayer warriors with the Prayer Chain. There

can never be too many prayers given so, ask yourself the question is God calling you to exercise your gift? Maybe it is to be part of the Men's Ministry? Order of St. Luke Healing Ministry? Pastoral Care or even teaching Christian Formation to provide our youth some special meals or ministries on Sunday evenings?

The point that St. Paul makes in his letter to the Corinthians about The Body of Christ being comparable to a human body holds true.

We cannot have the entire parts of the Body of Christ working without you. **You provide the part that is missing. You provide the talent that we pay for from the outside. You provide the love and concern needed to accomplish our tasks for God's Kingdom.** That is the Family of St. Anne's. We encourage you to take

your part in it and strengthen our body. If you are the part of the Body that is missing, pray for the Holy Spirit to show you a gap and **FILL IT. What are you waiting for?**

Volunteers are needed for Ushers, Greeters, Lectors, Pastoral Care and Prayer Chain ministries. Call the office and talk to Karen Carter for more information 964-5152.



PARISH HEALTH

Healthy Back to School Lunch Ideas

By Joann Olson, R.N., Ed.D

Why are we concerned about healthy lunch for our kids?

- Research shows that kids who eat nutritious foods do better in school. The challenge for parents is to find lunches that their child will actually eat.

What constitutes a healthy meal for school age children?

- A balanced meal consists of carbohydrate, protein, and fat from a variety of foods in several food groups. This gives children energy and prevents a drop in blood sugar for several hours.

What foods are representative of each of the food groups?

- Carbohydrates come from foods such as fruit, bread, crackers, and juice.
- Protein comes from milk, cheese, yogurt, lean meat and beans.
- Fat is found in nuts, peanut butter, meat and some dairy foods.
- In addition, we need to remember vegetables

as a great source of vitamins. Green leafy vegetables have many beneficial nutrients including folic acid, vitamin C, potassium, magnesium, vitamin K, lutein, beta-carotene, iron and calcium. The darker the green in the vegetable the better they are.

How can you insure your child will like the lunch you prepare?

- Involve the child in making choices for their lunch from selected items that will fit into the recommended food groups. Allow the child to be actively involved in preparing and packing their lunch. This is a good opportunity to include teaching about why you chose certain foods to offer for lunch.

How can you provide variety in your child's lunch?

- Sandwiches do become tiresome for some children. Alternatives include chicken tenders, pasta salads, bean salads, hard boiled eggs. Trail mix, yogurt, crackers with cheese or peanut butter, hummus and pita flatbread, sliced veggies with yogurt dip. Hot dishes include soup sent in a Thermos, Rice

bowls (rice topped with last night's leftover meat and vegetables, macaroni and cheese, pasta noodles). To keep food cold pack it with a ice pack or a 100 percent juice box.

Healthy Snacks

- Fruit and raw vegetables make great after school snacks. They are easy to prepare and add to the day's nutritional value. Energy bars, granola bars and yogurt are also good choices for after school snacks.

Improving the nutritional value of the foods our children eat will help curb the increasing problem of obesity and diabetes in children.

Source:

www.education.com/reference/article/healthy-back-to-school-lunch-ideas



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afternoon quilting with my twin sister, and frequently attend get together functions with families for weddings, showers, new babies, birthdays, holidays, etc. I have been blessed with seven brothers and sisters, and we all live within a 20-mile radius. I have time to organize the church garage sale, help with church maintenance, babysit with my grandson, and spend more time in prayer in the mornings. My exercise program includes figure skating twice a week where I work on spins, jumps and moves in the field under the watchful eyes of a private coach in Ames.

I have been married to Rudy for 22 years. Rudy and I both have two children, a boy and a girl. My son is Brian, who lives with his significant other in Lubbock, Texas and works for AT&T. My daughter is Raina, who is married to Jon and has a 14-month-old son named Jonas. She is completing her final year of anesthesia residency at John Hopkins. Rudy's son Tony is a CEO of a biomedical company based in Munich, Germany. He is married and has two daughters. They are expecting a third child in January. Rudy and I were excited to spend time with them this summer when

they came for a visit. Rudy's daughter Cindy is married and has twin sons who are seven years old. They live in the suburbs of New York City and also came for a visit this summer. We were able to take them to the Zoo and the Iowa State Fair. Rudy and I have very nice places to travel to see grandchildren!

I joined St. Anne's family when I completed a master's degree and stopped working weekend package in 1995. I visited several churches in the area and felt right at home at St. Anne's. It didn't take long to become active in various ways; choir, Sunday school, joining the Mission trip group who went to the Dominican, alter guild, Unfinished Business, small quilt group, consecration speaker, and Junior Warden. My motto has always been to make the best better. That motto was ingrained when I was in 4-H as a child. It really is true that you return to the training of your youth as you age.

St. Anne's has been blessed with a diverse family of people who truly care and reach out to one another and to the greater community. I have been blessed to be a part of this family. My friends and prayer partners are at St. Anne's. My continued prayer is that God will use me to be a blessing.

Lorene



Lectors, Ushers, Greeters 2011-2012

Lectors

Lectors proclaim the lessons of the Old Testament, Psalm, and Epistle in the New Testament and Prayers of the People at Worship Services 8:00 and 10:30 am and on special Feast days Christmas, Easter, and Thanksgiving.

These are volunteers from the congregation who have received practical training in reading the Scriptures at the Holy Eucharist and in the Divine Offices Morning Prayer, Evening Prayer and Compline.

Most lectors read one Sunday per month or as a substitute needed to fill in for someone who will trade with them. Trainings take place periodically once or twice a year.

Each person is asked to find their own substitute and turn

this name into the Office to our Administrator Karen Carter for publication in the weekly bulletin by Tuesday.

Ages of readers may vary, but our youth are encouraged to take part as Lectors on special Youth Sundays.

Ushers (welcome guests)

Ushers may be a single person or family who has specific duties on Sunday morning.

- The first duty is hospitality to meet new persons and show them to their seat with a worship bulletin.
- Point out the blue hymnal as our written source of music
- Bring elements of bread and wine forward from

erate more income for St. Anne's, and we accumulated an impressive list of options to consider.

So what happens next?? We want to make sure that everyone at St. Anne's understands the next steps in the process...

The ECBF Committee will evaluate every concept using a decision matrix.

Will evaluate each idea using criteria such as:

1. What costs are associated with implementing the concept?
2. What is the appropriateness / fit within St. Anne's?
3. What is the appropriateness / fit within Ankeny?
4. What is the income potential?
5. What is the marketing potential?
6. What level of effort will be required to implement concept?
7. What is the long-term sustainability of the concept?

The ECBF Committee will identify the concepts most likely to succeed and generate income according to the matrix. This evaluation process will entail significant research into certain concepts, so we may be calling on others to help us learn more!

The ECBF Committee will obtain feedback from the congregation on a shortened, prioritized list of concepts.

We want to make sure that St. Anne's members agree with and will support our top tier of selected concepts.

Results of this feedback will be shared with St. Anne's Vestry for final approval.

Implementation of the selected concept.

Here is where the real work begins...This is when we will need lots of support to get this concept from an idea on paper to a fully functioning reality!

Depending on the complexity of the research needed to make an educated decision, we are not sure how long this process will take. We have firm commitments from the national Episcopal Church Building Fund and the Diocese of Iowa to support us in this process through January / February of 2012. They are hoping for us to have made our final choice by then and (hopefully) to have initiated the project. We will keep everyone updated on our progress and timeline as we proceed.

On a final note, the ECBF Committee has a couple of thoughts for everyone to pray about. First, we have had a tremendous amount of participation and support as we have brainstormed different ideas. We have to realize that we will not



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have the resources or ability to implement ALL ideas. So, we not tied to any specific idea or concept. Finally, we are very confident as a team that our "winning" concept is within our list already. We will do our job as a committee to research the concepts and make the most informed decision as we can. However, for a positive change to truly happen, it is up to **ALL OF US** at St. Anne's to work together to fully implement and create this change!

KICK-OFF SUNDAY September 11

Worship at 8:00 and 10:30 am

Adult Formation at 9:00 a.m.

Youth Formation (grades ages 3-grade 5) at 10:30 a.m.

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us informed of this progress towards a Business Plan for St Anne's. This is a plan that will enable us to pay our expenses and still accomplish all that Christ wants us to do in His name.

Kick-Off Sunday is your chance as a family to get reconnected with your St. Anne's Family. Worship will be inspiring as we offer our best music and ourselves to God. There will be **food served for lunch**, games for the youth outside and plenty of time to get back together with one another. Join us for the fun. Without you the **fel-lowship** will be missing an important family member and guest. I look forward to seeing you on this special day.

Blessings;

Fr. Bob Kem
Rector of St. Anne's

Pizza and Practice

Ken Finch and Fr. Bob will offer training for any students in grades 5 and above who wish to serve Christ on Sundays once a month at the altar. Training is required and will follow the September 18 10:30 a.m. worship service. Parents: this is great way for your son or daughter to serve at the altar and to engage in our worship so that it is meaningful to them as worship leaders.

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the rear table at the Offertory (sometimes families are selected to do this)

- Take baskets from acolytes and pass them for the collection.
- Bring baskets forward after the collection.
- Dismiss members by standing at the rows when communion begins.
- Let new people know that we honor all persons baptized at the altar rails for communion. We call this open communion.
- Pick up bulletins and straighten seating after the worship.
- Introduce guests or new persons to others at coffee.
- Dress is casual, but wear a name tag to identify yourself and a golf shirt with St. Anne's logo.

Contact Dan Kem 822-4922 or daniel_kem@yahoo.com

Greeters

- Serve one time per month.

- Wear your name tag to identify yourself. A St. Anne's golf shirt would also be nice.
- Greeters are to welcome guests and all new families before the worship. There is to be a welcome table set up for these purposes so that each person is spoken to as they come for worship in the morning.
- Their role is to position themselves in the Parish Hall behind the Guest Table and introduce new people to existing members. No one who is new should leave the church without the Greeter greeting them twice.

Dan Kem is scheduler 822-4922.



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)**-Natalie Steenson
(sofa4@msn.com)

Administrative Commission

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

Buildings and Grounds

- **Jr. Warden** - Lorene Harris
(LandRHarris@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**
- **Music/Sound** – Kevin and Julie Purscell
(KJCDM5@yahoo.com) and Tyler Schleicher
(schleichertylerd@johndeere.com)
- **International Youth Choir** - Natalie Steenson
- **Acolytes** - Ken Finch (KHFinch@mchsi.com)

New Members

- Heidi Schleicher
(Heidi_schleicher@msn.com)

Christian Formation Commission

- **Andi Baker (Youth)**
(andi.baker@mchsi.com)
- **Nursery Coordinator** (nursery to age 3)
– Jessica Carlson
- **Godly Play** - Mary Gjullin
(marygirlsailor@msn.com) and Sarah
Eichhorn
(saraeichhorn@davisbrownlaw.com)
- **GP Extreme** (grades 3- 5) – Joel Baker
(andi.baker@mchsi.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** - Heidi Schleicher
- **Coffee Hour and Kitchen** – Joann Olson

Human Needs

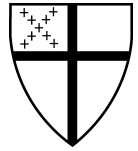
- Mary Oliver (mmo492@q.com) and
Audrey West (awest1305@aol.com)
- **Little Roses** - Connie Skinner

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)

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)

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

Tuesdays

7:00 p.m. - Contemplative Prayer Group

Wednesdays

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

Church office email: secretary@saechurch.org

Phone: 515-964-5152

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

Birthdays and Anniversaries

Anniversaries

9/3 Andi & Joel Baker

Birthdays

9/1 Dick Tripses

9/2 Diana Walsh

9/5 Kyla Sutton

9/7 Audrey West

9/8 Colleen Jackson

9/9 Connie Skinner

9/12 Olivia North

9/14 Tyler Schleicher

9/19 Kathy Tripses

9/26 Phoebe Teague

9/29 Page Waller

