

St. Anne's Episcopal Church
Ankeny, Iowa

The Reverend Robert A. Kem

FEBRUARY 2010

Calendar of Events

February

- 4-St. Anne's Book Club at Dahl's in Ankeny
- 5-Men's Fellowship Breakfast
- 7-Faith Stepping Stones - Session 6 - The Gospels
- 8-Unfinished Business
- 15-Metro OSL at St. Anne's
- 21-Faith Stepping Stones - Session 7 - Paul's Letters
- 27- Mill Pond Retirement Community
- 27 - Homeless Meal
- 28-Faith Stepping Stones - Session 8 - Universal Letters & The Revelation

March

- 5- Men's Fellowship Breakfast
- 5-Vestry Retreat at St. Anne's
- 8-Pancake Supper - 5:00 p.m.
- 9-Ash Wednesday Service at 7:00 p.m.
- 15-Metro OSL at St. Luke's

For complete calendar, visit www.saechurch.org/

Annual Meeting 2011
Sunday February 13th
Theme: "Growing in Christ's"

9:30 am Breakfast Potluck "bring fruit or egg dish to share"
10:00 am Meeting and Worship begins

Nursery for little Lambs and Christian Formation for youth grade 5.

Special presentations by the youth J2A on 2010, Proposed Budget for 2011, Congregational Development Wrap-up, recognize the service of many volunteers, election of Vestry members, please join us for this important Annual Meeting for the family of St. Anne's as we celebrate 2010 and look towards God's mission for us in 2011.

During Annual Meeting we will provide a list of established goals for the next year in six areas of ministry. There are leaders who will take the responsibility for helping to organize but we will be asking that members sign up at the Annual Meeting on lists that will be circulated during the meeting. We ask that you limit your sign up for two areas out of the six. We are aiming for 100% participation on these areas of ministry.



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Thank you from The Episcopal Diocese of North Central Philippines

The proceeds from the Annual St. Anne's Garage sale went to St. Aidan's Church in the Philippines, destroyed by flooding and mudslides.

The following is a thank you letter from the Diocese of North Central Philippines:

Dear Sisters and Brothers in Christ:

Epiphany Greetings.

We thank you very much for your donation in the amount of Nine Hundred Ninety Three & 50/100 dollars (\$993.50). In behalf of the Diocese and the congregation of St. Aidan's Church in Antamok, we are very happy to acknowl-

edge your donation for church building.

Attached is official receipt number 17517 for your reference. Again, thank you and God bless.

Sincerely yours,

Agustine A. Macagne
Finance Officer

St. Anne's Pancake Supper and Talent Show

This annual event will be held on Tuesday, **March 8 from 5:00 to 7:00 p.m.** Tickets for Adults are \$5 and children under five are free. Proceeds will go to the Pine Ridge Mission Trip. The youth will be cooking and serving pancakes and sausages. Stay for the St. Anne's Talent Show, which features kids four and up and adults of all ages.



Epicurean Adventures

Epicurean Adventures are groups of three to four couples/families who meet for dinner and a monthly basis and rate hosting meals in everyone's homes. If you would like to join in this fun activity, contact Heidi Schleicher at Heidi_schleicher@msn.com

Pictured are (back row - l to r): Ron Prahl, Henry Lejukole, Tyler Schleicher, Doug Karlen, Joel Baker, Bill West; (front row - l to r): Andi Baker, Heidi Schleicher, Audrey West, Lin Karlen and Erica Lamb

A luau was held at the home of Bill and Audrey West.



Bus Driver Needed

New Horizons Adult Day Center is looking for a bus driver M/W/F. Split shift – approximately 7:30 – 9:30 am and 3:15 – 4:30 or 5:00. Please contact Nancy or Vicki at 965-1602 for more information.



Lenten Study 2011

“24 Hours That Changed The World”

by Adam Hamilton

Adam Hamilton has clearly outlined from all four of the Gospels the importance of the last 24 hours of Jesus life, death and resurrection. There were moments of doubt, betrayal, false accusations, torture, silence, whipping and finally crucifixion that Jesus faced and endured.

This Lent during the 40 days before Easter we are studying the major events of the last 24 hours of Jesus which began with the Jewish Seder Meal and institution of The Last Supper of Jesus with his disciples, and ends with Christ as the Victor on Easter morning.

The study will challenge each member of St. Anne's with a 40 Days of Reflection daily devotion, a DVD that has been narrated and photographed on location with the opportunity to participate in a spiritual growth group of six persons each week. Sermons on Sunday will trace the major events of the final 24 hours and apply this to our lives as Christian's today.

A series of questions will be studied in your Spiritual Growth Groups along with passages from scripture to highlight the series and focus on the details of what exactly happened in those last 24 hours. A DVD will be offered on Sunday mornings at 9:15 am and 11:45 am. The DVD will be shown on Wednesday nights at 7:00 pm followed by individual Spiritual Growth Groups until 8:15 p.m. or any other times by arrangement.

An outline of questions for each week may be found on our webpage located under Lent at www.saechurch.org. These questions will be used for the Lenten Study/spiritual growth groups. We ask that you make a six week commitment to the members of the Spiritual Growth Groups each week during our Lenten Season.

Sign-ups will take place from now until Lent begins on March 8. The 40 Days of Reflection booklets for daily devotions may be purchased for \$10.00 before Lent.

Wednesday evening Lenten Schedule:

6:00 p.m. - Soup supper

6:30 p.m. - Worship/Stations of the Cross

7:00 - 8:15 p.m. - Video and small group discussion*

*The video and small group discussions will also be held on Sundays at 9:15 and 11:45 a.m. and at other times as arranged.



PARISH HEALTH

Women and Heart Disease

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

"Guard your heart above all else, for it determines the course of your life." Proverbs 4:23 NLT

There is a misconception that cancer is the greatest health risk for women, especially breast cancer. In reality, heart disease kills more women than all forms of cancer put together. Minority women have the highest death rate from heart disease while the entire gender has a higher death rate from stroke than men. Part of the problem is that heart disease is displayed differently in women than in men so it becomes difficult to recognize in women if the observer doesn't know the difference in symptoms.

The classic symptoms for heart attack are severe chest pain, a squeezing sensation in the chest lasting 5-10 minutes, pain radiating down the left arm or profuse sweating. Up to 50% of women who suffer heart attacks have symptoms that are considered atypical.

These include shortness of breath, indigestion, pain in the jaw, shoulder, or back, sudden nausea or vomiting, unexplained fatigue, fainting, or even dizziness. Anytime a female experiences these symptoms, she should seek medical attention by calling 911. Even a slight hesitation could lead to severe consequences if she is having a cardiac episode.

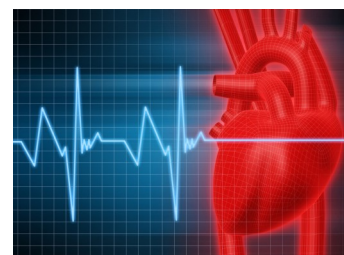
Plaque buildup can be different in women also. In men it tends to be clumpy and irregular which responds well to angioplasty and stents that flatten out the plaque. In some women, plaque forms an even layer on the vessel lining which means drug therapy works better than angioplasty. Women also respond to aspirin differently. In women, it seems more effective in preventing stroke while in men it is more effective for heart attack prevention.

For a woman, the most important thing to do is talk to her physician. She should discuss her health history and determine potential risks for heart disease. The next step would be to cre-

ate a plan to change or impact those risks and follow the health care providers' instructions. Women are the same but different. It is important to find out individual needs and then address them.

Friday, February 4 is wear red day. Wear red to draw attention to the need to initiate preventive measures to fight heart disease.

Source:
www.mayoclinic.com



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 (stevhanson@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
(awest1305@aol.com)
- **Little Roses** - Connie Skinner

Pastoral Care Commission

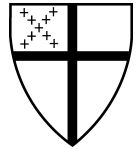
- **Pastoral Care** – Lin Karlen
- **Prayer Chain** – Lin Karlen
- **Parish Health Ministry** - Joann Olson
- **Mill Pond/New Horizons** -Deacon Kathy Tripses
(ktripses@msn.com)
- **Parish Health Ministry** - Joann Olson
(jolson@dwx.com)

Finance Commission

- Tyler Schleicher
(schleichertyler@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

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)

Wednesdays

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

Special Lenten Services starting March 16

6:00 p.m. - Soup Supper
6:30 p.m. - Worship/Stations of the Cross
7:00 to 8:15 p.m. - Video/Small Group Discussion

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

Anniversaries

2/10-Sarah and Andrew Eichhorn
2/20-Jasinta and Henry Lejukole
2/26-Fran and Bill Magie

Birthdays

2/3-Keri Johnson
2/4-Jeni Canova
2/4-Ella Morris
2/6 - Tim Johnson
2/8-Andrew Eichhorn
2/8-Brenda McCartney
2/10-Erin Brown
2/10-Pat Cramer
2/13-Carrie Moore
2/15-Michelle Fey-Awan
2/19-Theresa Finch
2/19-Becky Kem

