



The Encounter

October 2016

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A Word from Pastor Eric

There are many personality traits that God wants to cultivate in our lives. The Apostle Paul names the “fruit of the Spirit” as love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self control. But there is another characteristic that is especially important for us to develop as followers of Jesus Christ, and that is the quality of generosity.

Jesus calls us to reflect God’s own character. If there is anything that can be said about God, it is that God is a giver. Think about all the blessings God has given us: life, health, beauty, joy, love, companionship, good food, sleep, all the bounty of the earth, and eternal life too! God is truly generous beyond description. God wants us to become generous too.

This month, APC will begin its annual stewardship campaign. Our theme is “Found Faithful in little, with much, with all,” which we will explore over the course of four Sundays beginning on October 30. On that day, stewardship packets will be distributed to our members following worship. On Sunday, November 20, we will receive and prayerfully dedicate our pledges/estimates of giving to God.

This is a chance for each of us to listen prayerfully for God’s guidance regarding our giving. While we each operate within limits, the more we entrust to God, the more room God has to work in our lives and in the life of our church. This isn’t about balancing a church budget; it is about developing Christian character, spiritual growth, and blessing people with God’s love. Christ calls us to become generous people, so that we may grow in faith and love, and faithfully reflect the love of the God in whose image we have been created.

Let us be attentive to the voice of the Holy Spirit as we make decisions about our giving.

Your Companion on the Journey,
Pastor Eric

Session Summary

Session took action on the following items during September:

- ⇒ Approved Trunk or Treat activity on October 26, 2016.
- ⇒ Approved holding Worship on Christmas Day Evening at 7:00 p.m., with no worship on Christmas Day morning.
- ⇒ Approved the scheduling of a Congregational Meeting on January 8, 2017.
- ⇒ Approved holding the El Salvador Soup & Pie Fundraiser and Silent Auction on February 12, 2016.
- ⇒ Approved hiring of Trisha DeWeerdts as new Nursery Attendant.
- ⇒ Approved the purchase of 100 new chairs for the fellowship hall.

Please contact any of your Session members with comments or concerns.

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Worship Items

Looking ahead

Now that it is fall, some may begin planning for holidays so we wanted to make you aware that since Christmas falls on a Sunday we will be having an evening service that day.

Our Christmas Eve and Christmas Day services will be:



Saturday, December 24th

Christmas Eve Service

7:00 p.m.

Sunday, December 25th

Christmas Night Service

7:00 p.m.

No morning service

Worship Service Attendance			
August 2016	504 (4 Sundays)	September 2016	442 (4 Sundays)
Weekly Average	126	Weekly Average	111
August 2015	563 (5 Sundays)	September 2015	425 (4 Sundays)
Weekly Average	113	Weekly Average	106

APC Wellness—*Let's get healthy together*

Pink Is for Prevention



You'll be seeing a lot of pink in October as a reminder that it is Breast Cancer Awareness Month. Women should check with their health care providers to see if they need a mammogram. That simple diagnostic tool is one of the reasons that more and more women go on to lead healthy lives after a breast cancer diagnosis.

APC Wellness—*Let's get healthy together*

Yoga at APC!

No experience required

Tuesdays 1:00–2:00 p.m.

Interested? Details below

First class October 11

Don't know the difference between Downward Facing Dog and Warrior 1? Or maybe you're a Tree Pose veteran. Either way, come join us for Gentle Yoga led by Marcia Flaugh every Tuesday afternoon from 1:00 to 2:00 p.m., starting October 11. Beginners are welcome and encouraged. Yoga is not a competition; it is an individual experience. Yoga is a discipline that includes breath control, simple meditation, and specific body postures practiced for health and relaxation.

Bring: Yoga mat, large towel, water

Dress: Comfortable clothing; top should be a little snug so it won't come over your head when you bend over, no shoes or socks (yoga socks are ok)

Cost: Freewill basket: suggested donation of \$3–\$5 with all money going to APC

Preregistration: Email **Marcia Flaugh** at marjo6569@gmail.com

Questions? Contact **Marcia** at **515-964-1458** or marjo6569@gmail.com



A typical yoga practice will begin in a comfortable seated position on your mat, connecting with your breath. This will be followed by poses or movements to warm up the body, then progress to poses that open the body, wake up the major muscle groups, integrate breath and movement, and create strength, flexibility, stamina and balance. The session ends on the floor in a basic relaxation Corpse pose, followed by Namaste, a term of respect.

Preregistration will help determine in which room we'll hold class. You will need to sign a release form, which will be available at the first session.

As with any exercise program, there are some risks, so please check with your physician before you begin yoga.

Tips for Yoga Practice

- 1. COME EARLY** to set up your mat, take off shoes and socks, etc. Be ready to begin on time.
- 2. Don't come to class on a full stomach**, but do come hydrated.
- 3. Turn your cell phone off.**
- 4. Place your mat to face the instructor.**
- 5. Don't hurt yourself.** Pain is not OK. If you're in pain, modify or come out of the pose.
- 6. Be aware of your breathing.** Breath has amazing potential to calm your mind and body.
- 7. Realize yoga is more than a physical workout.** It helps increase flexibility, balance, and strength and helps produce a calm, clean mind. Yoga encourages greater health and well-being.
- 8. Don't worry about what your poses look like or how flexible you are.** People are too busy focusing on their own poses to watch you. And yes, everyone gets their left and right sides mixed up sometimes.
- 9. Listen to your body.** Practices aren't a competition, having the pose look the same for everyone. Focus on what is beneficial for you, how to improve, how to become more aware of yourself in each pose. Come to the mat with no preconceived notions about what you can or cannot do. When you modify a pose to make it better for you, you are practicing an important part of yoga: kindness to yourself.
- 10. Look forward to yoga practice** rather than considering it a task or goal you have to do.
- 11. Keep coming back.** Don't give up. You have a lifetime to master the poses.

From the Christian Education Wing

In case you missed the schedule, or would like to know what is going on Sunday mornings, here is the schedule for all ages:

Sunday school: 10:45—11:45 a.m.

Children schedule

- 10:45—11:00 All children meet in Noah's Ark room for music time with Jill Vander Wilt.
- 11:00—11:45 Children, ages 3 – 2nd grade – stay in Noah's Ark room for Bible story, and activities with Linda Wehage and Rebecca Stewart.
3rd – 5th grade – go to classroom 400 for Bible story, and activities with Olive Musoro. The kids are studying from *The Deep Blue*, there is a free app you can download on your phone or tablet that has additional games that match up with what we are discussing. It is called: Deep Blue Adventures.



Youth Schedule

- 10:45—11:45 All Youth (6th – 12th grade) meet in the Youth Room for Bible story and discussion led by Heather Sanders. The Youth series being offered right now is "Start Becoming a Good Samaritan". It matches up with the adult class being offered.

Adult schedule

- The Wired Word:** Led by Del and Rick Konopka meets in the Fireside Room.
Start Becoming a Good Samaritan: Led by Pastor Eric will meet in Classroom 408 (also called the Cross Room)



There is something for everyone!

Wednesday Evenings

Children's Choir

- 4:30p.m. Kindergarten – 5th grade meets with Jill Vander Wilt in the Sanctuary

APC Wednesday

- 5:00—6:45p.m. Kindergarten – 5th grade meet
The Bible Study coincides with The Deep Blue material they cover on Sundays. We have also been ending our evenings saying The Lord's Prayer together. Parents: your children are REALLY good at this. They almost have it completely memorized.



- 5:30p.m.—Dinner The cost for dinner is \$4 per person per week or \$40 per person per semester. There isn't a better dinner value anywhere in town! We are incorporating a new table game every week at the table, and so far they have played games to get to know one another at the table. Everyone of all ages have really enjoyed these games and getting to know their family within the church.

From the Christian Education Wing

Youth Group:

6th – 12th grade meets from 5:30 – 6:15 p.m. in the *newly remodeled* Youth Room. Your team of Youth Leaders are: Pastor Eric Pasanchin, Laurie Berry, Sam Housker, Jack Kent and Amber Kent. The team has been diligently planning for the upcoming year and festivities for the Youth.



All Youth will continue to go to On With Life the 2nd Wednesday of every month.

The Bible Study for October is about Justice and will change the last Wednesday to Politics - just in time for the upcoming election in November.

They have been working very hard on remodeling and cleaning up the Youth Room. They have also been spending time on Wednesday's with extra activities of getting to know new things about one another. We've welcomed new 6th graders into the group as well.

Sunday October 23rd the Youth Leaders would like to invite all Youth to meet at the church at 2:15 p.m. so we can head out to Geisler Farms from **2:30-5:30 p.m.** to enjoy the Corn Maze and have fellowship around a campfire afterwards.

Upcoming activities:

Trunk of Treat – October 26th

Trunk or Treat is a safe Halloween event. Individuals or groups gather, park their vehicles, throw open their decorated trunks or backs of vehicles, and pass out candy to "trick or treaters" (APC – Wednesday night group). Be part of the fun and volunteer. Decorate your car's trunk and park in the church's east parking lot. Set up by 5:45 p.m. on October 26th. We ask that you not use scary items. If you need examples, a good website with pictures is <http://trunkortreat.homestead.com/> or Pinterest. Please bring treats to pass out to the children. You are invited to come dressed in church appropriate Halloween costume. If you would be willing to volunteer to participate in this fun event, please contact Amber Scott. There will also be a sign up sheet on the bulletin boards next to the nametags in the Fellowship Hall.



Central Iowa Shelter Meal – November 12th

The Youth are signed up to serve the meal on November 12th at the Central Iowa Shelter. Make note on your calendar. We will meet at church around 3:30 p.m. Be on the lookout for additional information.



APC has hired Trisha DeWeerd to fill the Nursery Attendant position. Trisha will be available Sunday mornings during worship and Sunday school, as well as, on Wednesday evening during APC Wednesday and the Youth Program. Trisha is a recent Drake grad from Rochester, Minnesota and is a substitute teacher.

Please introduce yourself and welcome her to our church.

This—n—That

Worship Volunteers

October 2

Greeters: Warren & Beth Brooks, Phyllis Christensen
 Ushers: Ray & Lola Peters
 Worship Leader: Jan Klinker
 Youth Ushers: Addie Brooks, Eli Brooks
 Font of Identity Deacon: Don Hansen

October 9

Greeters: Ralph & Nichole Bright, Terri Blattner
 Ushers: Rick Ruff & Mary Kleis
 Worship Leader: Mark McAdoo
 Youth Ushers: Carson Hilsenbeck, Abby Seedorf
 Font of Identity Deacon: Bob Zinn

October 16

Greeters: Scott & Jane Wood, Marge Chase
 Ushers: Gary & Lois Anne Naylor
 Worship Leader: John Middents
 Youth Ushers: Rachel Stephany, Naomi SchraderBachar
 Font of Identity Deacon: Shirley Pease

October 23

Greeters: Chuck & Arlene Edmondson, Pam Slippy
 Ushers: Aaron & Mary Selby
 Worship Leader: Rich Flaugh
 Youth Ushers: Theo Housker, Nathan Stephany
 Font of Identity Deacon: Cathy DeMoss

October 30

Greeters: Dave & Anne Dirks, Audrey Kobus
 Ushers: Rich & Bonnie McCaughey
 Worship Leader: Phil Pease
 Youth Ushers: Rico DaVega, Abby Housker
 Font of Identity Deacon: Bob Zinn



Shirley Pease would like to thank everyone for their prayers, cards, and good wishes during recent hip replacement surgery recovery. She is doing well and was happy to be back to worship last Sunday.



October Birthdays			
✓	Oct 1	Pastor Eric Pasanchin	✓
✓	Oct 2	Leah Ingwersen	✓
✓	Oct 4	Neiley-Joy Musoro	✓
✓	Oct 6	Robyn Biehl	✓
✓	Oct 7	Ron Van Heukelom	✓
✓	Oct 12	Addie Brooks	✓
✓		Eli Brooks	✓
✓	Oct 13	Max Brewbaker	✓
✓	Oct 19	Arlene Edmondson	✓
✓		Franklin Kobus	✓
✓	Oct 21	Tom Albers	✓
✓	Oct 22	Chad Schwickerath	✓
✓	Oct 24	Sondra Lazear	✓
✓	Oct 26	Hannah Kauble	✓

Bottle & Can Donations

Remember that your donation of empty **clean beverage cans and bottles** will support our youth group's expenses. Just drop them off in the furnace room at church. Bins are labeled for cans and bottles. If you need someone to pick them up, contact the office at 515-964-0264. Thank you for your support of the APC youth!



Monthly Social Luncheon for Men & Women

This group meets the first Wednesday of the month (**October 5th this month**) at Perkins at **12:00 noon**. Everyone who likes to fellowship is welcome and encouraged to bring a friend.

MOST WANTED

100% Juice



tomato, orange,
or vegetable
can or plastic bottle

Canned Fruit



canned in water or
100% juice
not in heavy syrup

Canned Vegetables



tomatoes, green
beans, mixed
vegetables or sweet
potatoes
no salt added

Beans



dry or canned in water
not pork and beans

Peanut Butter



Meat



tuna or chicken
canned in water

Dry Pasta



whole grain or egg
noodles

White Rice



regular or instant

Vegetable Soup



low sodium

Pasta Sauce



Cereal



instant or regular
oatmeal with no
sugar added
whole grain Cheerios,
Wheat Chex,
Wheaties, granola or
shredded wheat

UHT Milk



shelf-stable, low-fat, in
aseptic packaging
no canned milk

WORSHIP TIME

9:30 a.m. Worship Service

10:30 a.m. Fellowship

10:45 a.m. Classes for All Ages