



The Encounter

February 2017

A Word from the Pastor

February is often a dreary month, but it is still a time of growth and vitality at Ankeny Presbyterian Church.



Join us as we continue our Bible in 90 Days series! So far, we've looked at the highly symbolic stories of creation and humanity's departure from a life of innocence in the garden. We've seen how God called Abraham and promised to make of him a great nation, and to bless all people through him. We read about the challenges to this promise faced by Abraham's dysfunctional descendants, their eventual escape from slavery in Egypt under the leadership of Moses, and the messy process of occupying the Promised Land. This month, we'll see Israel at its peak under Kings David and Solomon, and watch as the nation splits in two, and ultimately goes into Exile. Those were some dark days! But on the last Sunday of the month, we will finally get to the New Testament, and celebrate the stories of the coming of the Messiah (that's Jesus). I wouldn't be surprised if we sang a Christmas song or two that week! I hope you are enjoying this series, and finding your knowledge of the Bible enhanced. It is an important step forward for our congregation as we reconnect with the sources of our faith, and as we prepare for future growth in our spirituality and in our ministry.

Speaking of ministry, February is the time of year when we hold our annual soup and pie luncheon (with accompanying silent auction) to benefit APC's mission partnership with our Sister Parish of Corozal, El Salvador. The soups are good. Pie, by its very nature, is wonderful. The fellowship is enjoyable, and the mission is one of the best things we do to make a positive impact on the world. I hope to see you at noon on February 12 for this special mission-supporting event!

Finally, while not actually in February, the very first day of March is Ash Wednesday. Be ready, as this month comes to an end, to join us for our annual Ash Wednesday pancake supper (this is being held by our youth group to help fund their summer mission trip), and to join us for Ash Wednesday worship immediately following the meal.

February may not be the brightest or warmest month, but the joy of being part of this church family brings its own light and warmth. As we study, learn, and serve together, this is still a season for growth.

Your Companion on the Journey,
Pastor Eric



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From the Christian Education Wing

A word from the Christian Education Director

It's already shaping up to be a busy 2017 for APC. On Friday night some of the Youth and I are attending the Winter Jam concert at Wells Fargo Arena. I have never been to Winter Jam so can't wait to experience it.

Sunday school and APC Wednesdays continue in February. March is already looking busy with Ash Wednesday on March 1st, APC Wednesday coming to an end on March 8th, and an Iowa Energy game on Sunday, March 5.



Mark your calendars for the Iowa Energy game on Sunday, March 5 at 3:00pm. It's Friends in Faith night, and we have reserved a section just for our APC congregation and friends. Tickets are only \$10.71 per person. Tickets include special pricing for the Iowa Energy basketball game, a Christian concert with Zach Williams after the game along with a soda, hot dog and popcorn. APC also gets to be a part of the fan tunnel before the game begins. (For those of you who may not know what a fan tunnel is, it means we get to create the tunnel the players run through and give them hi-fives before their game begins!!) I am really excited for this and hope to see you all there. To purchase tickets contact Kimber or myself.

~Amber

Sunday school:

Children – The kids are moving into a session of How God Provides which includes a bible study of the 10 commandments.

Adults – The Bible in 90 Days: Led by Pastor Eric meets in Fireside Room.

The Wired Word: Led by Del and Rick Konopka meets in Classroom 408 (also called the Cross Room).



Wednesday Evenings

Children – We are continuing to learn the 10 Commandments. Just a reminder that the last APC Wednesday will be March 8th.



Youth Group



Youth Dinner Fundraiser – March 1 (Ash Wednesday)

The Youth will be serving dinner at 5:30 as their last fundraiser before their mission trip in June. After Dinner is served Ash Wednesday Service will start at 6:15.

Mission Trip – Mission Trip is set for June 25-30. The Youth decided as a group to go to Camp Westminster on Higgins Lake in Michigan. It is a ministry of Westminster Church of Detroit (Presbyterian). There will be kids attending camp at this time, however, our group will support the mission of the camp by working on camp maintenance – painting, trail maintaining and other work to keep up camp for the campers. This trip comes with the opportunity for our Youth group to experience their own group building.

Bible Study – The Youth are continuing to go through The Bible in 90 Days and are following a similar layout as the adults.

APC Wellness—Let's get healthy together



CPR will be offered again at APC on Sunday, February 19th beginning at 1:00 pm and lasting for a couple hours. Rebecca Morris will be the instructor. If you'd just like to know how to use the AED machine, you can come for the first 15 minutes as a quick demonstration will be given at the start of class. To sign up contact Rebecca Morris, Alice White or call the church office.

CHAIR YOGA will begin at APC on Tuesdays at 2:30 pm beginning February 14. The Yoga practice will meet for 45 minutes in the south classroom behind the Fireside room. Chair yoga is a gentle form of Yoga practiced sitting in a chair or standing using the chair as support. Benefits of chair Yoga re improved strength and flexibility. It may also lessen stress and help with pain management. Before you begin any new form of physical activity you should consult with your primary health care provider. Register for the practice by contacting Marcia Flaugh @964-1458 or by email marjo6569@gmail.com.



SMART Health Goals

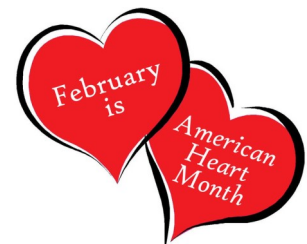
Hmmm....how are you doing on your New Year's Resolutions? Many people find it difficult to keep their resolutions or give up on trying to make healthy changes. A typical resolution might be to "lose 20 pounds this year." If you are ready to make changes, consider re-framing resolutions to small, manageable goals. To be SMART, write goals to look like this: **S**pecific, **M**easurable, **A**chievable, **R**elevant to where you want to be, and **T**ime bound. Here is an example: "I will eat 5 half-cup servings of vegetables per day for 4 days next week." When you have success with small goals, it is easier to keep moving forward and to keep building on those successes. Best of health, as you move forward SMARTly!!

HEART SMARTS

Red, pink, lacy, chocolate. Hearts crop up everywhere the closer we get to Valentine's Day. No wonder February is also American Heart Month. Show your heart some love by making sure you know the warning signs of a heart attack.

Be alert for these 5 symptoms, according to the American Heart Association:

- ♥ Chest pain or discomfort
- ♥ Lightheadedness, nausea or vomiting
- ♥ Jaw, neck or back pain
- ♥ Discomfort or pain in an arm or shoulder
- ♥ Shortness of breath



If you experience any of these, call 911 right away. Never drive yourself to the ER or have someone else take you. Trained EMTs can begin lifesaving treatment right away and will also alert the hospital you're on the way so a medical team can prepare for your arrival.

Be aware that men and women can experience heart attacks differently. While the most common symptom for both is pain or an uncomfortable sensation in the chest, women may be more prone to feel shortness of breath, nausea or vomiting and pain in their back or jaw as key indicators of a heart attack, the AHA says.

Other ways to show your heart some love this February: Don't smoke. Eat a healthy diet. Exercise. While you're at it, enjoy life.

Session Action Items

Session took action on the following items during January:

- ◆ Removed Deanna & Mitchell Breeding, Zachary & Breanna Severin, Cory Brooks from membership roll.
- ◆ Approved a Budget for 2017.

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

More Youth News



The youth will no longer be accepting pop cans or plastic bags. We would like to say thanks to a couple different people who have volunteered their time for so many years.

Thank You to Mark McAdoo for so many years in taking back the cans and bottles.

Thank You to Rick Ruff for his time taking the plastic bags to the Salvation Army. Thanks also to everyone who donated to these things over the years.

Pancake Supper

The Youth will be hosting and serving a Pancake supper on Ash Wednesday starting at 5:30 p.m. in the Fellowship Hall.

This fundraising supper benefits our youth mission trips. A free will offering will be accepted to help defer the cost of the trips.



This—n—That



Thank you!

Thank you to all who attended and/or sent cards to help us celebrate our 65th wedding anniversary and our multiples of 5 birthdays. Your thoughts, prayers and kindness are really appreciated.

Al & Emily Wyckoff

Thank you!

Thank you to everyone who sent cards for my 90th birthday. It was so fun to go down memory lane with the things that you wrote. I miss the church and all of you. I really appreciate you remembering me on my big birthday. God Bless APC.

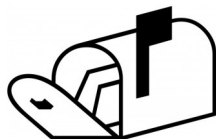
Wilma Akins



New Address

Pat Brewbaker has recently moved to Mill Pond. Her new address is:

Pat Brewbaker
1201 SE Mill Pond Court, Room 25
Ankeny, IA 50021



Monthly Social Luncheon for Men & Women

This group meets the first Wednesday of the month (**February 1st this month**) at Perkins at **12:00 noon**. Everyone who likes to fellowship is welcome and encouraged to bring a friend.



Worship Volunteers

February 5

Boy Scout Sunday

The Boy Scouts will be serving as greeters, ushers and worship leader.

Font of Identity Deacon: Cathy Bucklin

February 19

Greeters: Mike & Coleen Myers, Phyllis Christensen

Ushers: Lee & Alice White

Youth Usher: Carson Hilsenbeck

Worship Leader: Debi Garner

Font of Identity Deacon: Tim Little

February 12

Greeters: Dale & Jan Smith, Pam Slippy

Ushers: Aaron & Mary Selby

Worship Leader: Marcia McAdoo

Font of Identity Deacon: Janie Owens

February 26

Greeters: Rich & Bonnie McCaughey, Sonja Maxwell

Ushers: Rick Ruff & Mary Kleis

Worship Leader: Gary Naylor

Font of Identity Deacon: Cathy DeMoss

February Birthday



<p>2 Heather Housker</p> <p>3 Tom DeHart</p> <p>3 Don Hansen</p> <p>3 Jessica Ingwerson</p> <p>3 Fred Lazear</p> <p>6 Abby Seedorf</p> <p>9 Dale Wagner</p>	<p>14 Carol Van Heukelom</p> <p>17 Marcia Flaugh</p> <p>17 Jacque Hansen</p> <p>26 Steve SchraderBachar</p> <p>28 Del Konopka</p> <p>28 Bhone-Nadine Musoro</p> <p>28 Dale Niedermann</p>
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Worship Service Attendance			
December 2016	413 (4 Sundays)	January 2017	401 (does not include 1/29)
Weekly Average	103	Weekly Average	100
Christmas Eve Service	162		
December 2015	488 (4 Sundays)	January 2016	546 (5 Sundays)
Weekly Average	122	Weekly Average	109
Christmas Eve Service	174		



Soup & Pie Luncheon



Freewill Donation

Sunday

February 12, 2017 Noon

In the Fellowship Hall

Silent Auction
SOLD



Bidding Ends at 12:40 pm

All Proceeds support
APC's Mission Partnership with our
Sister Canton of
Corozal, El Salvador