



The Encounter

October 2017

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This month marks the beginning of the 2018 financial stewardship campaign at Ankeny Presbyterian Church. From October 8th to October 29th, you will have the opportunity to engage in prayerful reflection about how your stewardship of time, talent, and treasure can serve as an appropriate response to God's blessings, and become a true part of your worship. At the same time, this will be a chance to consider what you will do to support APC's ministry and mission during the coming year.



You are invited to join us in worship beginning on October 8th, as we embark on a four-week series of sermons, skits, prayers, and songs focused on the acronym G.R.O.W.

- The **G**oal
- Our **R**esponse
- The **O**bstacles to Growth
- The **W**inning Attitude

On October 8th, we will also have a congregational luncheon after Sunday School. The Stewardship Committee will provide everything – except dessert! We invite you to bring a dessert to share, as stewardship truly is a matter of sharing. This meal will be a time to celebrate the work God is doing among us, to enjoy the fellowship of our APC family, and to learn a little more about our ministry as part of the Presbyterian Church (USA). This will also be the time when we distribute the annual stewardship packets to each family in attendance.

As the G.R.O.W. series draws to a close on October 29th, there will be a time of dedication during worship at which our members and friends will have the opportunity to make their pledges as an offering to God.

I hope to see you in church as we GROW together in compassion, service, generosity, and impact.

Your Companion on the Journey,
Eric

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Are You Interested in Membership at APC?

Pastor Eric will be leading a one-hour class called Discovering Church Membership, on Sunday, November 12, at 10:45 a.m. If you would like to learn more about the Presbyterian Church (USA), this congregation, and the meaning of church membership, this orientation is for you! Attending it does not obligate you to join Ankeny Presbyterian Church, but it is necessary for membership. If you are interested in attending, please call the church office (964-0264), or email Eric (eric@ankenypresbyterian.org), so that we know who to expect.



Mission Possible – Join the Youth on a Mission Trip!!

Our youth at APC shared this summer in a worship service about the wonderful Mission Trip they took to Michigan to help at a Presbyterian camp there. Now, it is time to hear an adult perspective from the three who accompanied the youth this summer. It was a second time for Sam Housker, but Rebecca Stewart and Amber Kent were first timers. All three of them told me it was a fantastic experience and they're glad they did it. Now we'd like to add more adults who are willing to participate in this kind of activity, so please give it some thought as you read about their experiences.



Sam said, "It is great that APC supports these traveling mission experiences where the youth can learn to serve in other communities and bond as a youth group." Sam was one of the people involved in the planning of this trip.

Rebecca said, "I went on an APC youth mission trip back when I was in high school and know that it had a meaningful impact on my life. Now this year it was my daughter's first year in youth group and I volunteered to go as one of the adults and looked forward to spending time with her."

When asked what the benefits are that one can receive by participating here's the combined list the three suggested:

- ⇒ The mission work itself and learning to give back to others
- ⇒ Learning about needs in other communities and how they can be similar or different from our own
- ⇒ Learning about other parts of the world – what they look like and what the people from other areas are like
- ⇒ Relationship building, including having fun together as well as working together; a mission trip is an opportunity to strengthen friendships and build community while giving to someone else
- ⇒ Having fun together
- ⇒ As an adult chaperone it is a wonderful opportunity to get to know the youth in our congregation
- ⇒ To see the youth be joyful, even when they are working
- ⇒ To develop new friendships and mesh as one
- ⇒ Amber said, "Your benefits as an adult sponsor are unlimited."
- ⇒ Sam concluded his list by stating, "Some may have even learned some painting skills on this trip!"

Each adult shared some fun and meaningful experience they enjoyed on this year's trip. Rebecca said, "The most fun was playing the Watch Ya Mouth game that the Flaugh family let us borrow. It is a game where you try to get others to guess the phrase you are saying while wearing a mouth piece. It was a great large group game and laughter filled the cabin when we played it in the evenings.

She also added that watching the youth encourage each other throughout the week was wonderful as they participated in team building exercises like the high ropes course and the climbing wall. One of the camp leaders who was guiding them on the ropes course said he didn't remember another group that shared so many high fives!

Amber noted that this experience was even better than she had expected -- they had great accommodations and the camp actually spoiled us. In fact, the camp does this purposely to their work camps so they will want to come back! Amber said, "I know this isn't always the case when it comes to mission trips, but now, for me, all other trips will forever have to live up to this one."

Sam said there were many great moments on the trip, but one he especially enjoyed was watching all the youth and chaperones support and encourage each other on the high ropes course.

"Everyone was so positive," Sam added, "I thought they really modeled how we as Christians should interact with people."

These thoughts that Sam, Rebecca and Amber have shared prove that it can be a wonderful experience serving as an adult chaperone on a youth mission trip. Won't you consider helping in this way as plans for 2018 take shape?

Sam added, "The youth meet every Wednesday – please consider spending an evening with them! Once a month we try to plan a mission opportunity right here in our own community. The youth are fun to be around, and can never have too many role models! No planning needed, just give Pastor Eric or Amber Kent notice that you want to hang out with the youth."



Mission News

Corozal Partnership Update: The Covenant

With the approval of the APC Session, our church has entered into a five-year covenant with the community of Corozal, El Salvador. The official signing of the covenant was done on Monday, September 18, 2017 during a joyful celebration in Corozal by representatives of Corozal, APC, Our Sister Parish Board, and the Salvadoran Pastoral Team.

But what is a covenant, and what does that mean for APC?

A **covenant** is a contract or agreement between two parties. Through this agreement, all parties signing the covenant are committing to follow certain guidelines and responsibilities to ensure a healthy and respectful partnership across cultures. Ankeny Presbyterian is just one of the eight churches with partnerships in El Salvador. Our Sister Parish (OSP) recommends each partnership enter into a covenant with each other.

A few of the responsibilities of the partner church include never giving monies directly to members of a community and to make a good faith effort to visit their partner community at least once each year. Partner churches are to respect the internal rules, regulations, and institutes of their partner community. A representative of the partner church should attend the monthly OSP board meetings, and to communicate with all parties in a timely manner.

The partner community directiva (elected leaders) is expected to meet with the church delegation during a visit. Representatives from the community are also to attend the community-wide meetings sponsored by the Pastoral Team every two months. Any request for funds or projects by the partner community must go through the Pastoral Team, and never directly to the church or a visiting delegation.

An initial partnership covenant is a commitment of five years. At the end of the five years, the parties will meet to discuss renewal of the partnership, which can be set up for 2-5 years. At least two church members must be present for the renewal. Three copies of covenant were signed: one document is kept on record with the clerk of session, one by the partner community, and one is kept by the Pastoral Team.

This covenant assures Corozal that we will continue to be their partners for the coming years. The leadership of the community can continue to plan and dream of ways to develop and improve Corozal for the benefit of all of its members, knowing we will support them as best we can. All parties will continue to work together and strengthen our commitment to one another.

Covenants are Biblically based. **Covenant** is how God has chosen to communicate to us, to redeem us, and to guarantee us eternal life in Jesus.

The first line of the signed covenant with Corozal quotes the following Bible passage:

But this is the covenant that I will make with the house of Israel after those days, says the Lord:

*I will put my law within them, and I will write it on their hearts;
and I will be their God, and they shall be my people. **Jeremiah 31:33***

May this covenant be a blessing to both APC and to Corozal.



Mission News (continued)

El Salvador Mission Delegation Thanks You

Thank you for your generous support of our family gifts for our Corozal families! The delegation walked door-to-door to over 50 homes to meet the families, take family photos, and deliver the gift packages. In addition to the medicines APC provided, each family received a supply of food items and soaps. We learned so much about our partners during our visits, and their kind hospitality was very humbling for us. We also visited the Corozal school and played Spanish version of Bingo, complete with prizes. And of course, we had celebrations with the entire Corozal community, with music and singing, dancing together, food and piñatas, and lots of hugs!

Access to health care continues to be a serious problem, and transportation to get to a hospital is a challenge. Please keep a few Corozal folks in your prayers (more detailed info is on the Mission bulletin board):



Julia (age 65) has kidney problems and needs dialysis more frequently than she receives it.

Victor (age 4) is receiving treatments for leukemia.

Jasmin (age 10) has a heart condition, and needs medicines her family cannot afford.

Muchas gracias!

2017 Delegation: Jill & Jay Vander Wilt, Carole & Arnie Snook, Marcia & Mark McAdoo

Peace & Global Witness Offering



"Peace at all times in all ways." 2 Thessalonians 3:16

This offering for the Presbyterian Peacemaking program will be received on October 1, World Communion Sunday. A gift to the Peace & Global Witness Offering enables the church to promote the Peace of Christ by addressing systems of injustice across the world. APC is encouraged to utilize up to 25% of this Offering to connect with the global witness of Christ's peace. Mid councils retain an additional 25% for ministries of peace and reconciliation. The remaining 50% is used by the Presbyterian Mission Agency to advocate for peace and justice in cultures of violence, including our own, through collaborative projects of education and Christian witness.

Attendance Figures			
August 2017	402 (4 Sundays)	September 2017	437 (4 Sundays)
Weekly Average	101	Weekly Average	109
August 2016	504 (4 Sundays)	September 2016	442 (4 Sundays)
Weekly Average	126	Weekly Average	111

APC Wellness Team—Let's get healthy together

10 Healthy Eating Tips for Seniors

Nutritional needs change as people grow older. While the National Institute on Aging created this list for those ages 65 and up, much of the advice makes sense for all of us.

- ◆ **Drink plenty of liquids.** Don't wait until you're thirsty because as you age you may lose some of your sense of thirst. Sip water throughout the day. Milk, 100% juice and broth are other good beverages.
- ◆ **Make eating a social event.** Meals are more enjoyable when you dine with others. Invite a friend to eat with you, join a Nine to Dine group, lunch at Perkins on the first Wednesday each month with other APC members and take part in other communal meals.
- ◆ **Plan healthy meals.** For easy-to-understand help, go to *ChooseMyPlate.gov* or the National Institute on Aging (*nia.nih.gov* >healthy eating).
- ◆ **Learn proper portion sizes.** MyPlate's SuperTracker can help, then stick to recommended amounts. Divide food into the number of servings the recipe makes so you don't accidentally overindulge.
- ◆ **Vary your veggies.** Not only will different colored vegetables and fruits brighten your plate, they'll also provide a range of nutrients. And good news. Produce tends to be low in calories and a good source of fiber.
- ◆ **Eat in tooth- and gum-friendly ways.** Your teeth and gums may change as you age, making it harder to chew meat or produce. Of course, be sure to see your dentist regularly. But don't let dental problems keep you from getting proper nutrition. Try selecting softer foods, such as canned unsweetened fruit, low-sodium soups and tuna.
- ◆ **Use herbs and spices.** Foods may seem less flavorful as you grow older if your sense of smell or taste has changed. Some medicines also alter how foods taste. Add pizzazz to your meals with herbs and spices, which are much healthier than piling on additional salt.
- ◆ **Don't gamble with food safety.** A food-related illness can be life-threatening for an older person. If you have any doubts about an item, throw it away. Avoid foods that are always risky for seniors, such as unpasteurized dairy products. Steer clear of raw or undercooked foods that can be harmful, such as eggs, sprouts, fish, shellfish, meat and poultry.
- ◆ **Read Nutrition Facts labels.** That's the best way to learn about calories, fats, sodium, carbs, sugars and so on in specific foods, and it lets you easily compare similar items to make the best choice. For example, if one jar of pasta sauce tallies 90 calories, 3g fat and 480mg sodium per serving while another is only 30 calories, 1.5g fat and 230mg sodium, you can quickly see which is healthier. Check with your health care provider to learn if there are certain ingredients and nutrients you need to increase (for instance, iron or calcium) in your diet or limit (such as carbs for those with diabetes).



- ◆ **Ask your doctor before taking vitamins and supplements.** Food is the best way to get your nutrients, but sometimes you may need more than you can consume. Don't try the latest fad cure-all because a friend takes it or you've seen a headline touting its benefits. Some herbal supplements can interfere with your medicines or endanger your health.

From the Christian Education Wing

Change; to make or become different. Change is hard. Change happens every day whether we want it to or not. Little changes that might not make a big difference, but then there are big changes that make a big difference.

I grew up in a small town Corning, IA. When I grew up there the town's population was about 1,000 people. I had a class size of 55ish, we were called the Corning Red Raiders (had been for years) as my both my parents went to school there and they were the Raiders. The chant was..."You gotta wanna be a Red Raider." We had traditions, homecoming parades, and bonfires at the bottom of Main Street, Crazy Days, Icaria Festival, John J. Harris wrestling tournament, and the list goes on. This past weekend, my kids and I visited my hometown and I couldn't help but notice all the changes. It happened to be homecoming. The school is not the Red Raiders anymore, they are the Southwest Valley Timberwolves. Corning schools have combined with another small town Villisca, and they have a new chant now. I didn't even catch what it was. The class sizes have grown to more than 55, and their homecoming parade was longer than any I remember being a part of. I had a whirlwind of emotions with all the changes. Now this change didn't just happen overnight, but I haven't been back for a while nor have I really taken the time to look around and notice the changes. It was different to not see all the red and black,



our traditional school colors, but it was really nice to see the two communities come together and embrace their changes in a positive way. It was really nice to see my small home town not seem so small. Now, I didn't come home with a Southwest Valley Timberwolves shirt as I wasn't sure I was ready to make the change myself, but after coming home and reflecting on my weekend it may be the first thing I buy the next time I'm in that small town.

There seems to always be a guarantee in life that change will happen. Change is something we tend to fear and become anxious about because we do not feel in control of life, this is something I personally have always struggled with. The good news is that God has a plan to prosper you and not to harm you, plans to give you hope and a future. As said in Deuteronomy 31:6 "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

Many Blessings,
Amber

Sunday School

10:45 – 11:15 a.m.

All K through 5th Grade will meet in Classroom 204 (room behind the fireside room and the end of the hallway) for music with Jill, and opening with Linda

11:15 – 11:45 a.m.

K-2nd will go to Classroom 300 (also known as Noah's Ark room) for their Bible Study.

3-5th will go to Classroom 304 (across from 204 or behind the Noah's ark room) for their Bible Study.

Please pick up your child from their classrooms when Sunday School is over.



Christian Education Wing (continued)

APC Wednesday

4:30 p.m. Children's Choir with Jill in Sanctuary

5:00 p.m. Alternate each week between the following activities

Recreation: games, team building, fellowship

Crafts

Skits (new this year!): The kids will get the chance dress up and act out the bible stories they are learning

5:30 p.m. Dinner

All are welcome to dinner each Wednesday Night. It is \$4.00 per person per night.

6:15 p.m. Bible Study

K – 2nd will be in Classroom 300

3-5th will be in Classroom 304

6:45 p.m. Closing and Pick-Up



**Children's choir will sing during worship
THIS Sunday, October 1.**

The children have been working really hard on their songs, and learning about World Communion Day. Jill has put together a little program for our congregation to enjoy during worship.

Youth Group

5:30 p.m. Dinner—\$4.00 per person

6:15 – 8:00 p.m. Mixture of Bible Study from LinC and fellowship.

Once a month we will have a mission type experience.

Stand as One event – October 4 from 7:00 – 8:30 p.m.

(We will still meet at 5:30 for dinner as normal.)

An all Ankeny Youth Group event will be held at the Northview Football Stadium. We are gathering Youth Groups from many different churches as well as students of faith in our community to share the message that we are all in this together, that we are not alone, but are one! The idea is to let students know that they can share their journey with their peers and this event is giving them that opportunity.

We will have teachers and/or coaches from the district share and there will be

time for small groups or entire youth groups to gather at the end of our time to debrief and discuss!



Story Time—Every Wednesday @ 9:00 a.m.

October's themes

October 4: Pumpkins

October 11: Firetrucks—in honor of Fire Prevention Week

October 18: Owls

October 25: Monsters



This—n—That

Session Action Items

Session took action on the following items during September:

- Elected Marcia McAdoo to Congregational Nominating Committee
- Approved placement of a “Blessing Box” in the Church yard, in conjunction with Helping Hand in Ankeny.
- Approved entering a 5-year partnership covenant with Corozal, El Salvador
- Approved invitation to AMOS for a presentation of their needs assessment for Ankeny
- Approved facility use by a support group through the Alzheimer’s Association
- Approved a series of classes for public education about Alzheimer’s

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



BIRTHDAYS THIS MONTH

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

CareNotes—Brochures with helpful information covering a variety of topics from depression to financial stress. Be sure to check the rack periodically as we update it occasionally with new 8-page pamphlets.

Located outside the sanctuary.



Sunday Assistants

Lock up Elder: Rebecca Stewart

October 1

Communion Set up & Clean up: Rebecca Stewart

Greeters: Warren & Beth Brooks,
Phyllis Christensen

Ushers: Gary & Lois Anne Naylor

Worship Leader: Jan Klinker

Font of Identity Deacon: Don Hansen

October 8

Greeters: Ralph Bright, Terri Blattner

Ushers: Ray & Lola Peters

Worship Leader: Ray Peters

Font of Identity Deacon: Diana Haines

October 15

Greeters: Mike & Coleen Myers, Pam Slippy

Ushers: Dale & Jan Smith

Worship Leader: Jane Middents

Font of Identity Deacon: Marge Hennings

October 22

Greeters: Chuck Edmondson, Audrey Kobus

Ushers: Aaron & Mary Selby

Worship Leader: Mark McAdoo

Font of Identity Deacon: Alice White

October 29

Greeters: Dave & Anne Dirks, Marjorie Chase

Ushers: Rich & Bonnie McCaughey

Worship Leader: Debi Garner

Font of Identity Deacon:

Monthly Luncheon for Men & Women

Come join us on the first Wednesday of the month (**October 4th this month**) at Perkins at **12:00 noon**. All are welcome and encouraged to bring a friend.





BEANS

dried or canned, low sodium, no pork and beans

———— **OCTOBER 2017** ————