



## We Welcome Our Guests to Ankeny

First! At today's worship service we pray that you will sense a new and energized connection with the presence of God as we worship through singing, praying, learning, and experiencing together. We invite you to tear off the Connect Card, fill it out and drop it in the offering baskets.

Worshipping at Ankeny First

**Children** are always welcome in worship, and "Worship Bags" containing children's activities are available for them to use. Childcare is provided on Sunday mornings for infants and toddlers, as well as Sunday School for children ages 3 and up. Just ask an usher for assistance in finding the nursery or Sunday School rooms. A "Wee Care" Room is located in the balcony of the Uptown Sanctuary, so little ones can play while parents watch and listen to worship.

**Special Needs** At our Uptown location, large print hymnals and bulletins, and wireless hearing aids are available—ask an usher for assistance.

**Fellowship** You are all invited to Fellowship Time! **Uptown:** Between the three Sunday services in Fellowship Hall. **Faith Chapel:** Between both services. **Christian Life Center:** Between both services. **Spirit Alive:** Before worship.

**Communion** The first weekend of each month. Healing oil is also available in the Uptown Chapel after communion.

### Worship

**Uptown:** 206 SW Walnut St ~ 964-4249

Saturdays 5:00pm ~ Spirit Alive

Sundays 8:30am ~ Traditional

9:45am ~ Relaxed Contemporary

11:00am ~ New Traditions

**Christian Life Center:** 710 NE 36th St ~ 289-9153

Wednesdays 6:15pm ~ Casual

Saturdays 7:15pm ~ "The Road"

Sundays 9:00am & 10:45am ~ Contemporary

**Faith Chapel:** 7384 NW 16th St ~ 289-2171

Sundays 9:00am ~ Traditional

10:30am ~ Casual

### Sunday School

**Uptown:**

9:45: 3yr old -7th grade

11:00: 3yr old -5th grade

9:45: Seekers (adult)

9:45: Alpha & Omega (adult)

9:45: Disciple's Dojo (adult)

**Christian Life Center:**

9:00: 3yr old -8th grade

10:45: 3yr old -5th grade

**Faith Chapel:**

10:30am ~ 3yr old-3rd grade

**Nursery available at all Sunday services.**

At Ankeny First, we are intentional in keeping our Membership Covenant to uphold the United Methodist Church by our PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS:

**PRAYERS:** The following are some of our joys and concerns:

**Hospitals:** **Bright Kavanaugh:** Nancy Carr **Methodist:** Dwight Brown **Mercy:** Joyce Lundstrom

**Methodist West:** Dennis Winders **Discharged:** Teri Crist, Marilyn Sewell, Daphne Tefft

**Sympathy to:** Julie Porter on the death of her grandfather on April 20. ♦ Kathy, Kyle & Kayla Beyer, on the death of their husband & father, Kevin, on April 21. ♦ Jane Nieland on the death of her husband, Mike, on April 21.

**Baptism:** (CLC 10:45) Jett Maverick Sturges, son of Jordan & Kari Sturges.

**PRESENCE:** The following are attendance figures from last week:

**WORSHIP:** (Wednesdays@First)30 (The Road)50 (Sat)43 (8:30)181 (9:45)146 (11:00)132

(CLC-9:00)306 (CLC-10:45)173 (FC-9:00)43 (FC-10:30)23 Total = 1,127

**SUNDAY SCHOOL** (Uptown)81 (FC)2 (CLC)127

**GIFTS:** Last week's offering for Christ's work here and around the world:

Operating Budget \$21,712.14 Cap. Campaign \$2,649.23 Mission \$6,026.25 Other \$146.00

Find us on the web at [www.AnkenyFirst.org](http://www.AnkenyFirst.org).

### Youth

**Youth@First!** There will be no regular Youth@First tonight, May 1, as many of the kids are going off-site to a special worship service. 6th-12th graders join us next week at the CLC for normal Sunday evening activities. Dinner is at 5:45pm, and worship and small groups to follow.

**Summer Mission Trip** Registration is open for the summer mission trip for 8th-12th graders. Youth will be going to Cedar Rapids to work in and around the community. Visit our website to register and for more information: [ankenfirst.org/youth-mission-trips.htm](http://ankenfirst.org/youth-mission-trips.htm).

### General News

**Ladies, Save the Date!** On Monday, May 9, Faith Chapel UMW is having their annual Mothers and Others Salad Supper. Bring a friend and a salad to share with 8-10 people and join us for a fun night. Dinner will begin at 6:30pm at Faith Chapel.

**New Coffee Service Starting at Uptown** Coffee drinkers will soon be able to grab a cup of java on their way into Sunday worship at Uptown! A mobile beverage bar was custom built by Bob Scott and will be located in the hallway south of the sanctuary. Donations to cover the cost will be encouraged. Before it "opens," however, we need servants willing to come early to brew and set up the coffee. If you are interested in helping out, please sign on the Connect Card.

**Today is Golden Cross Sunday** We celebrate health and welfare ministries and their role in spiritual wellbeing. 100% of the money retained by the Iowa Annual Conference funds grants to local churches and community groups for health and welfare ministries. Please designate "Golden Cross Sunday" in the memo of your check for any donations.

**Boy Scout Can Drive** The Boy Scout Troop Ankeny First charters will be holding a can and bottle drive in the Uptown northwest parking lot on Saturday, May 7, from 8:00am-noon to help pay for summer camp. Make a note and bring them your cans!

**Worship Ministry Interest** Visit our website today to sign-up or reaffirm your interest in supporting our worship music, tech, and hospitality ministries. [www.ankenfirst.org/worship-arts.htm](http://www.ankenfirst.org/worship-arts.htm).

**Annual Conference Volunteers Needed** There is a need for volunteers to help out greeting and directing people attending the Clergy and Laity Sessions at Annual Conference Friday, June 3, 5:00-7:00pm, and Saturday, June 4, 7:30-9:00am. If interested, contact Barb Mann, [barb.mann@iaumc.org](mailto:barb.mann@iaumc.org).

### In Mission

**Ingathering School Bags Arc Ready to Sew** Enjoy sewing? We need your help sewing school bags. Find them (instructions included) at the CLC and Uptown.

**Love Lunches Seeks Leadership Help!** The ecumenical program, Love Lunches, will begin serving free lunches as soon as school is out. In order to make it happen, though, we need an individual, or team of individuals, to take a leadership role. Please indicated your interest on the Connect Card and someone will contact you.

**Trinity UMC Donations Requested** Trinity is in need of their most often requested donation items: diapers, wipes, rice, and beans. Please bring them to the large Uptown donation receptacle near the main office. For a full needs list, visit [www.ankenfirst.org/trinity.htm](http://www.ankenfirst.org/trinity.htm).

### Prayer Requests

- Please keep this confidential to pastors and church staff only.
- Please put this on our public prayer chain.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- I would like to speak with a pastor or someone from our Christian Care Ministry about this request.

### Hospital Notices

Name \_\_\_\_\_

Hospital \_\_\_\_\_

Date \_\_\_\_\_

### Ministry Opportunities

- I would like to help with the new Uptown beverage bar.
- I am interested in helping with our Kids Soccer League this summer.
- I am interested in knowing more about the Agape Garden and how I can help.
- I am interested in helping lead Love Lunches.
- I am interested in helping teach CLC Sunday School next fall as we continue to grow.

More announcements on reverse side.

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Wednesdays@First

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City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Names and grades of children in attendance: \_\_\_\_\_

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First Time Guest  Member/Friend

Guest less than 6 months

### How did you hear about Ankeny

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I would like more information about becoming a member.

April 30/May 1

### Sports | Fitness

**Miles for Miracles 5K and Post-Race *Risen* Concert** Sunday, May 22 at 12:15pm at the Christian Life Center. Proceeds will benefit Ankeny's On With Life—Brain Injury Rehabilitation Specialists. Registration is \$25 *before May 4*, \$35 after. Our former praise band, Risen, will be reuniting for a post-race concert. Hotdogs will be served after the race. Interested in helping? We need volunteers to help during the race, grilling, and more. Sponsorship opportunities are also available. Visit our website [www.ankenfirst.org/miles-for-miracles.htm](http://www.ankenfirst.org/miles-for-miracles.htm) for more information and registration, or contact the CLC office, 289-9153 or [christianlifecenter@ankenfirst.org](mailto:christianlifecenter@ankenfirst.org).

**Kids 3v3 Soccer Registration is open!** Our kids soccer league will be held on Monday and Tuesday nights from **May 23-June 28** at the CLC. This league is for kids 4 years old–5th grade. Games are played 3v3 so that every member of the team gets equal playing time and more action. The focus of our program is to offer **all** children the opportunity to learn and enjoy the game of soccer in a safe, supportive, and fun environment. Visit [www.ankenfirst.org/soccer.htm](http://www.ankenfirst.org/soccer.htm). We need volunteers to coach, welcome/greet, cook/serve hotdogs, coordinate volunteers and more. If interested, contact [traci@ankenfirst.org](mailto:traci@ankenfirst.org) or sign the Connect Card.

### Connection | Studies

**Alpha—Essentials of Christianity** Mark your calendar for the launch of a new Alpha session with a “Come and See” event in the Uptown Fellowship Hall on Wednesday, **June 1**. We will gather for a meal at 5:30pm. At Alpha, guests are invited to explore the Christian faith in a relaxed setting while making great connections to other guests and the Alpha team. Each week, enjoy a meal and a talk on diverse subjects about our faith, followed by small group discussions. Join us!

**It's Not Too Late to Join New Small Group Opportunity** Filmed in Israel and the Middle East where Bible events actually took place, the *That the World May Know* series weaves together historical, cultural, and geographical contexts to provide insights into how people in biblical times understood God and Jesus' teaching. This group will study the ***Promised Land: Crossroads of the World*** Thursdays, 6:30-8:00pm in Uptown room 313. No registration required. Contact Lindsay Drake ([lindsay.drake@ankenfirst.org](mailto:lindsay.drake@ankenfirst.org)) for more information.

### Children | Families

**Parent's Night Out!** The Children's Cluster is sponsoring a “Parent's Night Out” on Friday, **May 20** at the Christian Life Center between 5:00-8:30pm for Pre-K to 5th Graders. This will be a time for kids to gather for crafts, games, movies, and activities while parents have a night out! Cost will be \$20 for first child, and then \$5 per additional children. Register now at [www.AnkenyFirst.org](http://www.AnkenyFirst.org)!

**Register for Vacation Bible School!** This year's VBS theme is “Cave Quest: Following Jesus, the Light of the World!” Kids (3 years-4th grade) will enjoy Deep Bible Quests, Sing & Play Rock Music, Spelunker Sports & Games, Cavern Café and much more. Get registered *by May 31* at [www.ankenfirst.org](http://www.ankenfirst.org)! \$20 for this week of fun! **Evenings**—June 19-23 (6:00-8:30pm); **Mornings**—June 20-24 (9:00-noon)

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# Welcome

## Uptown Campus ~ Traditional Worship

May 1, 2016 ~ 8:30am

PRELUDE “*You're Worthy of My Praise*” [Ruis] Praise Ringers

WELCOME / \*CONGREGATIONAL GREETING

\*CALL TO WORSHIP Worship Leader: Lindsay Drake

\*PROCESSIONAL HYMN “*Praise to the Lord, the Almighty*”  
#139 vs. 1,3,4,5

\*OPENING PRAYER/WORDS OF PARDON & ASSURANCE

ANTHEM “*How Beautiful*” [Twila Paris] Chancel Choir

TIME WITH THE CHILDREN

OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

PRAYERS OF THE PEOPLE / THE LORD'S PRAYER  
OFFERTORY

\*DOXOLOGY / \*PRAYER OF DEDICATION

SONG OF REFLECTION “*Sanctuary*”

SCRIPTURE 1 Corinthians 6:19-20

SERMON “*Simplify—Food and Fitness*” Rev. Angie Loomis

SACRAMENT OF HOLY COMMUNION

\*HYMN OF SENDING “*We Are God's People*”

\*BENEDICTION / POSTLUDE

*\*Please stand if you are able.*

Note: Please silence all cell phones & refrain from flash photography during worship.

Today's Worship Helpers are listed below:

Worship Hosts: Jim Crabb & Sandra Strong-Crabb, Lois Lamansky

Organist: Mark Shultz Acolytes: Confirmation Students

Praise Ringers Director: Elaine Oursler

Chancel Choir Director: Melody Webb Chancel Choir Accompanist: Christine Stone

Our Mission:

*To be an open and inviting community of faith through which God grows deeply committed Christians.*

Our Vision:

Reach WITH the love of Christ.

Grow IN the love of Christ.

Serve THROUGH the love of Christ.





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# Welcome

## Uptown ~ Relaxed Contemporary Worship

**May 1, 2016 ~ 9:45am**

GATHERING SONG

WELCOME / \*CONGREGATIONAL GREETING

\*PRAISE SONG

CHILDREN'S TIME

OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

PRAYERS OF THE PEOPLE / THE LORD'S PRAYER

OFFERTORY “How Beautiful” [Twila Paris] Katie Bucklin

\*DOXOLOGY

SONG OF REFLECTION

SCRIPTURE

1 Corinthians 6:19-20

SERMON

“Simplify—Food and Fitness” Rev. Angie Loomis

SACRAMENT OF HOLY COMMUNION

\*SONG OF SENDING

*\*Please stand if you are able.*

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Worship Leader: Lindsay Drake

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**Christian Life Center  
Contemporary Worship  
May 1, 2016 ~ 9:00am & 10:45am**

\*PRAISE

PRAYER

SACRAMENT OF BAPTISM (10:45)

CHILDREN'S TIME

OFFERING OF OURSELVES

SCRIPTURE

1 Timothy 4:7b-9; Proverbs 25:16; 1 Corinthians 3:16-17

SERMON

“Simplify—Food and Fitness”

Rev. John Wagner

SACRAMENT OF HOLY COMMUNION

\*CLOSING SONG

*\*Please stand if you are able.*

Note: Please silence all cell phones & refrain from flash photography during worship.

**CLC Hospitality Help Needed!** If you are interested in joining the CLC Hospitality Team to help serve coffee or provide cookies/treats, please contact Angela Currie at [currie.angiea@gmail.com](mailto:currie.angiea@gmail.com).

### Our Mission:

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# Welcome

## Uptown ~ New Traditions Worship

**May 1, 2016 ~ 11:00am**

**PRELUDE** “You're Worthy of My Praise” [Ruis] Praise Ringers

**WELCOME/\*CONGREGATIONAL GREETING**

**\*GATHERING SONG** “Praise to the Lord, the Almighty” #139 vs. 1,3,4,5

**ANTHEM** “How Beautiful” [Twila Paris] Chancel Choir

**TIME WITH THE CHILDREN**

**OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS**

**PRAYERS OF THE PEOPLE / LORD'S PRAYER**

**OFFERTORY**

**\*DOXOLOGY**

**SONG OF REFLECTION** “Simplicity”

**SCRIPTURE** 1 Corinthians 6:19-20

**SERMON** “Simplify—Food and Fitness” Rev. Angie Loomis

**SACRAMENT OF HOLY COMMUNION**

**\*SONG OF SENDING** “Greater Is He”

**\*BENEDICTION / POSTLUDE**

*\*Please stand if you are able.*

Note: Please silence all cell phones & refrain from flash photography during worship.

**Today's Worship Helpers are listed below:**

**Worship Hosts:** Bill & Barb Agan, Cindy Crouch, Jim Hutchinson, Lisa Keller, Mike Long, Tara Ramsey

**Acolytes:** Confirmation Students **Worship Leader:** Melody Webb **Organist:** Jan Boehm  
**Praise Ringers Director:** Elaine Oursler

**Chancel Choir Director:** Melody Webb **Chancel Choir Accompanist:** Christine Stone

**Our Mission:**

*To be an open and inviting community of faith through which God grows deeply committed Christians.*

**Our Vision:**

**Reach** WITH the love of Christ.

**Grow** IN the love of Christ.

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Wednesdays@First

Please update the following:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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Phone \_\_\_\_\_

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April 30/May 1

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# Welcome

**Uptown ~ Spirit Alive**  
**April 30, 2016 ~ 5:00pm**

## WELCOME/\*CONGREGATIONAL GREETING

**\*SING PRAISE TO GOD** “Praise to the Lord, the Almighty”  
“Greater Is He”

## OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

PRAYERS/THE LORD'S PRAYER  
OFFERTORY Dawn Olson, Alto Saxophone  
\*DOXOLOGY

**SONG OF REFLECTION** “Simplicity”

**SCRIPTURE** 1 Corinthians 6:19-20

**SERMON** “Simplify—Food and Fitness” Rev. Angie Loomis

## SACRAMENT OF HOLY COMMUNION

**\*SENDING SONG** “Everlasting God”

## \*BENEDICTION

*Worship bags for children are available from Worship Hosts.*

Note: Please silence all cell phones & refrain from flash photography during worship.

**Today's Worship Helpers are listed below:**

**Worship Hosts:** Bob & Kay Schweers **Food Hosts:** Bill & Toni Dickey, Tami Johnson

**Worship Team:** Jan Boehm, Alicia Carlberg, Sara Tourte

**Tech Support:** Laddie Devine

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## Our Vision:

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# Welcome

## Faith Chapel ~ Traditional Worship

**May 1, 2016 ~ 9:00am**

PRELUDE/INTROIT	<i>“In the Garden”</i>	Bells of Faith
WELCOME		
*CALL TO WORSHIP		
*OPENING HYMN	<i>“Gather Us In”</i>	TFWS #2236
*PRAYER OF CONFESSION		
*WORDS OF PARDON AND ASSURANCE		
*OUR RESPONSE	<i>“Glory Be to the Father”</i>	#70
*PASSING OF THE PEACE		

## ANNOUNCEMENTS

### PRAYERS OF THE PEOPLE ~JOYS, CELEBRATIONS & CONCERNS

OFFERTORY *“Do Lord, Do Remember Me”* [arr. Averre] Bells of Faith

\*DOXOLOGY & PRAYER OF DEDICATION #95

SERMON HYMN *“Take My Life, and Let It Be”* #399

SCRIPTURE READING 1 Corinthians 3:10-17

SERMON *“Simplify—Food and Fitness”* Rev. Scott Hibben

### SACRAMENT OF HOLY COMMUNION

\*HYMN OF DEDICATION *“One Bread, One Body”* #620

### \*BENEDICTION/BENEDICTION SONG

*\*Please stand if you are able.*

*Join us for fellowship downstairs in the Fellowship Hall.*

Note: Please silence all cell phones & refrain from flash photography during worship.

Today's Worship Helpers are listed below:

Audio/Video: Dean Pollpeter Keyboard: Jan Boehm

Bells of Faith Director: Jan Boehm

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# Welcome

## Faith Chapel ~ Casual Worship

**May 1, 2016 ~ 10:30am**

WELCOME

\*PASS THE PEACE OF CHRIST

\*PRAISE SONGS

ANNOUNCEMENTS & CELEBRATIONS

PRAYERS OF THE PEOPLE/JOYS, CELEBRATIONS, & CONCERNS

OFFERTORY

SCRIPTURE

1 Corinthians 3:10-17

SERMON

“Simplify—Food and Fitness”

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### Connection | Studies

**Alpha—Essentials of Christianity** Mark your calendar for the launch of a new Alpha session with a “Come and See” event in the Uptown Fellowship Hall on Wednesday, **June 1**. We will gather for a meal at 5:30pm. At Alpha, guests are invited to explore the Christian faith in a relaxed setting while making great connections to other guests and the Alpha team. Each week, enjoy a meal and a talk on diverse subjects about our faith, followed by small group discussions. Join us!

**It's Not Too Late to Join New Small Group Opportunity** Filmed in Israel and the Middle East where Bible events actually took place, the *That the World May Know* series weaves together historical, cultural, and geographical contexts to provide insights into how people in biblical times understood God and Jesus' teaching. This group will study the ***Promised Land: Crossroads of the World*** Thursdays, 6:30-8:00pm in Uptown room 313. No registration required. Contact Lindsay Drake ([lindsay.drake@ankenyfirst.org](mailto:lindsay.drake@ankenyfirst.org)) for more information.

### Children | Families

**Parent's Night Out!** The Children's Cluster is sponsoring a “Parent's Night Out” on Friday, **May 20** at the Christian Life Center between 5:00-8:30pm for Pre-K to 5th Graders. This will be a time for kids to gather for crafts, games, movies, and activities while parents have a night out! Cost will be \$20 for first child, and then \$5 per additional children. Register now at [www.AnkenyFirst.org](http://www.AnkenyFirst.org)!

**Register for Vacation Bible School!** This year's VBS theme is “Cave Quest: Following Jesus, the Light of the World!” Kids (3 years-4th grade) will enjoy Deep Bible Quests, Sing & Play Rock Music, Spelunker Sports & Games, Cavern Café and much more. Get registered *by May 31* at [www.ankenyfirst.org](http://www.ankenyfirst.org)! \$20 for this week of fun! **Evenings**—June 19-23 (6:00-8:30pm); **Mornings**—June 20-24 (9:00-noon)

**VBS Mini-Missions** For children currently in 5th & 6th grades, we offer a week of fun mission work! June 20-24 (9:00-noon), \$20.

**Our Sunday School classrooms at 9:00am at the CLC are busting at the seams!** It is awesome to have an opportunity to teach so many children about God's love but because classrooms are so full, it can become a challenge to carry out meaningful activities and crafts. In order to be more effective, we will be splitting the K/1 & 2/3 classes this fall at the 9:00am service only. This means we will need more help teaching Sunday school at both 9:00 and 10:45. Teaching Sunday School can be a rewarding experience that can help you grow in your own faith. A curriculum is provided, as well as an orientation in August. Please contact Marcie Mulford, [marcie.mulford@ankenyfirst.org](mailto:marcie.mulford@ankenyfirst.org) or fill out the Connect Card if you would be interested in teaching Sunday school this fall or if you have any questions.

# Welcome

## Christian Life Center ~ Casual Worship

**May 4, 2016 ~ 6:15pm**

OPENING SONG

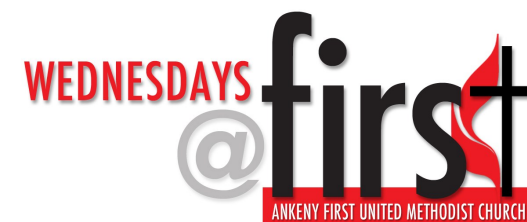
PRAYERS

OFFERING

CONVERSATIONAL MESSAGE

Note: Please silence all cell phones & refrain from flash photography during worship.

*From 6:45-7:30 we offer small groups, children's programming, choirs and yoga.*



### Our Mission:

*To be an open and inviting community of faith through which God grows deeply committed Christians.*

### Our Vision:

Reach WITH the love of Christ.

Grow IN the love of Christ.

Serve THROUGH the love of Christ.

**UPTOWN CAMPUS:** 206 SW Walnut Street  
**FAITH CHAPEL:** 7384 NW 16th Street  
**CHRISTIAN LIFE CENTER:** 710 NE 36th Street