



**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.

NEWS

**We're Hiring!** We are currently seeking an energetic, team-oriented person to become the full-time Director of Youth Ministry. The position implements the congregation's vision into the context of youth ministry through effective communication with youth, especially in youth worship, and recruiting and training an excellent volunteer team for small groups and service. Questions? Pastor Mike Janes at [Mike.Janes@AnkenyFirst.org](mailto:Mike.Janes@AnkenyFirst.org). For a full job description, see the Employment Opportunities page of our website. To apply, submit your application from the website, resume, and cover letter to Pastor Mike.

CONNECT

**Small Group Registrations** are open on our website for those small groups that require a headcount or materials ordered. It's time to start thinking about how you can get better *connected* to others in the church through small groups. Building relationships, learning who God is and how he works in and through us, is central to our faith. Here are some upcoming groups and their start dates: Griefshare – August 11; DivorceCare – August 11; Disciple 1 – August 14; Guest Reception and Orientation – Sept 8; Financial Peace University for Teens – Sept 8; Disciple 3 – Sept 11; Financial Peace University – Sept 11.

**NOOMA Small Group Begins TONIGHT** The video series NOOMA, by Rob Bell, will be offered on Sunday nights beginning this evening, **August 4** at 6:30pm in the Uptown Conference Room. Each week there will be a different video to watch and engaging conversation.

**Disciple 1 begins August 14** Are you ready to dig deep into your faith? This study gives the Old and New Testaments equal time, emphasizing the wholeness of the Bible as a revelation of God. DISCIPLE draws upon the work of scholars, the personal Bible reading and study of the participant, and dynamic group discussion to aid understanding of the Bible. *Connect* with others as you draw closer to God through Bible study. Register on our website.

**Monday night small group begins Aug. 19** This group will discuss the sermon questions given in the bulletin each week. There're no books, no homework, just come as you are and let's talk about what you heard. This group meets Monday nights at 6:00pm in JC's Café on the west side of the main Uptown building.

**"Twelve Women of the Bible—Life Changing Stories for Women Today"** This new study is being offered for women each Tuesday beginning **August 27**, 9:15-11:00am at our Faith Chapel location. Books cost \$8 each. Questions? Call Colleen Mooi (515-689-6087) or email [colleenmooi@yahoo.com](mailto:colleenmooi@yahoo.com) for more information.

**Saturday Night Worship Now Begins at 5:30pm!** Our Saturday night worship service at the Christian Life Center has changed its start time to 5:30pm. For those who want dinner, we will have pizza and fellowship from 5:00 to 5:30pm. Worship itself begins at 5:30, followed by Road of Recovery small groups at 6:30 for anyone who wants to stay. This is a great worship option for anyone who loves our contemporary worship style. Give it a try!

**Confirmation Registration Is Open for the 2019-2020 School Year (for 9th-12th Graders)** This year-long discipleship program provides the foundation for life-long faith and provides meaningful experiences for students in grades 9-12 to learn about Jesus, the United Methodist Church, other denominations and religions, and what it looks like to have a relationship with God. Visit our website for more information, as well as to register.

WORSHIP

YOUTH

RESPOND

CONNECT

WORSHIP

OUR METHOD

**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 Resources** Uptown & Faith Chapel: large print hymnals and bulletins, wireless hearing aids, and wheelchairs. CLC: Wheelchairs.

**Fellowship** You are all invited to Sunday morning Fellowship Time! It occurs between our worship services at all three sites.

**Communion** The first weekend of each month.

### Worship

**Uptown:** 206 SW Walnut St ~ **964.4249**

Sundays 8:30 & 11:00am ~ Traditional  
9:45am ~ Contemporary

**Christian Life Center:** 710 NE 36th St ~ **289.9153**

Saturdays 5:30pm ~ Contemporary  
Sundays 9:00am & 10:45am ~ Contemporary

**Faith Chapel:** 7384 NW 16th St ~ **964.4249**

Sundays 9:00am ~ Traditional  
10:30am ~ Casual

### Sunday School

**Uptown:**

9:45: 3yr old –7th grade  
11:00: 3yr old –7th grade

9:45: Seekers (adult) Rm 317

9:45: Disciple's Dojo (adult) Rm 310

9:45: Sunday School (adult) Rm 314

**Christian Life Center:**

9:00: 3yr old –8th grade  
10:45: 3yr old –8th grade

**Faith Chapel:**

10:30: 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: Discharged:** Jim Thornton Sr.

**Sympathy to:** Richard Wilson on the death of his wife, Pat Wilson on July 27. ♦ Donna Kelling on the death of her grandson, Curtis.

**Baptism (8:30 UPT):** Brant Becker Oldenburger, son of Shaun & Abby Oldenburger, and grandson of Mark & Loretta Becker. **(9:45 UPT)** Charlotte Marie Hundley, daughter of Chris and Haley Hundley.

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

**WORSHIP:** (Online) 105 (Sat CLC) 44 (8:30) 155 (9:45) 108 (11:00) 65 (CLC 9:00) 318 (CLC-10:45) 186 (FC-9:00) 33 (FC-10:30) 13 Total = 1,027

**SUNDAY SCHOOL** (Uptown) 41 (FC) 0 (CLC) 128 Total = 169

**GIFTS:** Thank you for your ongoing generosity to our ministries and missions. You can give on-line at [ankenfirst.org/give.htm](http://ankenfirst.org/give.htm) or by texting "AnkenyFirst" to 77977 for a direct link.

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

Find events at <https://ankenfirst.churchcenter.com/registrations/events>

## Opportunities to Respond

**A.** I would like to try helping the church in a **NEW** way in the checked ministry area.

- Worship Arts (anything music, audio/video)
- Worship Hospitality (usher, greeter, welcomers, communion servers)
- Small Groups  Sports & Fitness
- Youth  Children's
- Missions  Christian Care

**B.** I would like to serve in the following **UPCOMING** ways:

- I would like to be a Sunday School teacher at the CLC this coming year during the following worship service.
- 9:00am  10:45am

*(Please make sure to fill in your name & contact information on the reverse side of this card.)*

## Congregational Care

We always want to know how we can reach out to individuals who need our care. If you know of someone we've missed, please let us know.

Name \_\_\_\_\_

Contact Info. \_\_\_\_\_

Hospital \_\_\_\_\_

## Stay Informed

I would like the twice monthly e-newsletter or our Thursday "This Weekend @First" email:

E-Mail \_\_\_\_\_

# CONNECT Card

We're glad you're here!

Please complete this tear-off as your offering of presence, and place it in the offering basket. If you have new contact information, please provide your name and updates.

## Circle Worship Location/Time:

*Uptown:* 8:30 9:45 11:00

*Faith Chapel:* 9:00 10:30

*Christian Life Center:* 9:00 10:45  
Sat. 5:30

Please update the following:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

## I am a:

First Time Guest

Member/Friend

Guest less than 6 months

## Prayer Requests

Prayers requested for anyone who is not a member of your family require that you have obtained their express permission to request prayers on their behalf.

## Please select one.

Please put this on our public prayer chain.

Please keep this confidential to pastors and church staff only.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

RESPOND

**Towel Donations Needed!** The YMCA Supportive Housing Campus is in need of towels. New or very gently used, bathroom or beach, they'd love to have them all! Donations will be accepted all of August and they can be placed in the marked tubs at the CLC and the Uptown sites.

**Help Wanted at Soul Food Café** Do you have two hours to spare on Wednesday afternoons/evenings? We are looking for additional volunteers for Soul Food this year. Some of our long-time volunteers "retired" and we need help. Dishwashers, clean-up help, servers, prep help (afternoons), laundry (dishtowels) coordinator and a backup cook are needed. Please contact Sue Williams (515.229.1622 or [kensue4u@netzero.com](mailto:kensue4u@netzero.com)) if interested. It takes many hands to put together this weekly meal and we serve not only those attending Wednesday night activities, but many others from the community who enjoy a hot meal and fellowship with friends, old and new. Soul Food starts Wednesday, September 11.

**CLC Sunday School Teachers Needed!** We are in need of several Sunday School teachers to teach all grades at both the 9:00 and 10:45 CLC services. This is a once a month commitment and we provide all materials needed to help plan the lesson. We will also hold an orientation in August where you will receive more information and meet other teachers. We can't have Sunday School without volunteers so please consider responding in God's love to this opportunity. If interested please fill out the Connect Card or contact [Marcie.Mulford@AnkenyFirst.org](mailto:Marcie.Mulford@AnkenyFirst.org).

**Habitat Build** Ten members of Ankeny First, in partnership with a coalition of churches known as the Ankeny Circle of Faith, helped build all of the walls to a future Habitat home this past June at The Ridge. Now we can volunteer at the future Thrivent Faith Build home in Des Moines's Mondamin Presidential neighborhood. Dates: **Friday, August 23, 8:00am-4:00pm; Tuesday, August 27 9:30am-4:00pm; Friday, August 30 from 8:00am-4:00pm.** Register for your shift at <https://tinyurl.com/yy5dhdam>. If you have questions or would like to go together as a group please contact Connie Ruths at 360-4365 or [boco1mato@q.com](mailto:boco1mato@q.com). Questions? Contact Clara Bergan at [cbergan@gdmhabitat.org](mailto:cbergan@gdmhabitat.org).

**August Mission of the Month: New Horizons Adult Day Center** This ministry is near and dear to the hearts of many because it began in this church. New Horizons Adult Day Center first opened in January 2000 to address the needs of weary caregivers and persons with Alzheimer's disease and other neurological conditions. New Horizons serves those with physical or cognitive challenges. It is a safe, supportive environment that offers activities for participants to stimulate their body, mind and spirit and gives caregivers a much-needed break. Please place monetary donations in the Mission of the Month envelopes, write "New Horizons" on your check memo and drop in the offering plate, or simply give on-line.

**HIIT F3 High Intensity Interval Training** is a total body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided. This class is offered at 5:15am, 6:00am, and 6:30pm at the CLC. It's an 8-week session that begins on Mon., August 12, and runs through Fri., October 4. Cost is \$40. You can register at [www.AnkenyFirst.org](http://www.AnkenyFirst.org).

FITNESS

# Welcome

## Uptown Campus—Traditional Worship August 4, 2019—8:30am

PRELUDE

WELCOME / \*CONGREGATIONAL GREETING

\*CALL TO WORSHIP

\*PROCESSIONAL HYMN

*"The Church's One Foundation" #545 vs. 1,3,4*

\*OPENING PRAYER

*"Gloria Patri" #71*

ANTHEM *"How Beautiful"* Beth Madison & Jeanna Fuller

SACRAMENT OF BAPTISM

OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

*"Surely the Presence of the Lord" #328 (sing twice)*

PRAYERS OF THE PEOPLE / THE LORD'S PRAYER

OFFERTORY

\*DOXOLOGY / \*PRAYER OF DEDICATION

HYMN OF REFLECTION *"The Gift of Love" #408*

SCRIPTURE Ephesians 4:17-32

SERMON *"Renewing"* Rev. Mike Janes

SACRAMENT OF HOLY COMMUNION

\*HYMN OF SENDING *"O Master, Let Me Walk with Thee" #430 vs. 1-3*

\*BENEDICTION / POSTLUDE

*\*Please stand in body or spirit.*

Today's Worship Helpers are listed below:

Worship Hosts:

Greeters—Bruce & Nancy Bravard, Bob & Kay Schweers

Ushers—Terry McAnally, Betty Arnold, Ken Kise Jr., Darrell Krei, Bob & Connie Ruths

Organist: Kim Field Tech Support: Sherrill Marske, Brett Pike

Liturgist: Mary Smith Hymn Leader: Carol Torrents

Our Mission:

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

Our Method:

Worship | Connect | Respond



# CONNECT Card

We're glad you're here!

Please complete this tear-off as your offering of presence, and place it in the offering basket. If you have new contact information, please provide your name and updates.

### Circle Worship Location/Time:

*Uptown:* 8:30 9:45 11:00

*Faith Chapel:* 9:00 10:30

*Christian Life Center:* 9:00 10:45

Sat. 5:30

Please update the following:

Name \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

### I am a:

First Time Guest

Member/Friend

Guest less than 6 months

## Prayer Requests

Prayers requested for anyone who is not a member of your family require that you have obtained their express permission to request prayers on their behalf.

### Please select one.

Please put this on our public prayer chain.

Please keep this confidential to pastors and church staff only.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

RESPOND

**Towel Donations Needed!** The YMCA Supportive Housing Campus is in need of towels. New or very gently used, bathroom or beach, they'd love to have them all! Donations will be accepted all of August and they can be placed in the marked tubs at the CLC and the Uptown sites.

**Help Wanted at Soul Food Café** Do you have two hours to spare on Wednesday afternoons/evenings? We are looking for additional volunteers for Soul Food this year. Some of our long-time volunteers "retired" and we need help. Dishwashers, clean-up help, servers, prep help (afternoons), laundry (dishtowels) coordinator and a backup cook are needed. Please contact Sue Williams (515.229.1622 or [kensue4u@netzero.com](mailto:kensue4u@netzero.com)) if interested. It takes many hands to put together this weekly meal and we serve not only those attending Wednesday night activities, but many others from the community who enjoy a hot meal and fellowship with friends, old and new. Soul Food starts Wednesday, September 11.

**CLC Sunday School Teachers Needed!** We are in need of several Sunday School teachers to teach all grades at both the 9:00 and 10:45 CLC services. This is a once a month commitment and we provide all materials needed to help plan the lesson. We will also hold an orientation in August where you will receive more information and meet other teachers. We can't have Sunday School without volunteers so please consider responding in God's love to this opportunity. If interested please fill out the Connect Card or contact [Marcie.Mulford@AnkenyFirst.org](mailto:Marcie.Mulford@AnkenyFirst.org).

**Habitat Build** Ten members of Ankeny First, in partnership with a coalition of churches known as the Ankeny Circle of Faith, helped build all of the walls to a future Habitat home this past June at The Ridge. Now we can volunteer at the future Thrivent Faith Build home in Des Moines's Mondamin Presidential neighborhood. Dates: **Friday, August 23, 8:00am-4:00pm; Tuesday, August 27 9:30am-4:00pm; Friday, August 30 from 8:00am-4:00pm.** Register for your shift at <https://tinyurl.com/yy5dhdam>. If you have questions or would like to go together as a group please contact Connie Ruths at 360-4365 or [boco1mato@q.com](mailto:boco1mato@q.com). Questions? Contact Clara Bergan at [cbergan@gdmhabitat.org](mailto:cbergan@gdmhabitat.org).

**August Mission of the Month: New Horizons Adult Day Center** This ministry is near and dear to the hearts of many because it began in this church. New Horizons Adult Day Center first opened in January 2000 to address the needs of weary caregivers and persons with Alzheimer's disease and other neurological conditions. New Horizons serves those with physical or cognitive challenges. It is a safe, supportive environment that offers activities for participants to stimulate their body, mind and spirit and gives caregivers a much-needed break. Please place monetary donations in the Mission of the Month envelopes, write "New Horizons" on your check memo and drop in the offering plate, or simply give on-line.

**HIIT F3 High Intensity Interval Training** is a total body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided. This class is offered at 5:15am, 6:00am, and 6:30pm at the CLC. It's an 8-week session that begins on Mon., August 12, and runs through Fri., October 4. Cost is \$40. You can register at [www.AnkenyFirst.org](http://www.AnkenyFirst.org).

FITNESS

# Welcome

## Uptown—Contemporary Worship August 4, 2019—9:45am

WELCOME

\*GATHERING/GATHERING SONG "Freedom"

\*CALL TO WORSHIP

\*SONG OF WORSHIP "King of My Heart"

SACRAMENT OF BAPTISM

OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

"Fall Afresh"

PRAYERS OF THE PEOPLE / THE LORD'S PRAYER

OFFERTORY "Fade Away"

\*DOXOLOGY / \*PRAYER OF DEDICATION

SONG OF REFLECTION "Jesus"

SCRIPTURE Ephesians 4:17-32

SERMON "Renewing" Rev. Mike Janes

SACRAMENT OF HOLY COMMUNION

\*SONG OF SENDING "Build My Life"

\*BENEDICTION

*\*Please stand in body or spirit.*

Today's Worship Helpers are listed below:

Worship Hosts: Greeters—Brinda Cassidy, Craig & Diane Bargfrede

Ushers—Deb Briggs, John & Kathy Brown, Nathan & Annette Burnham

Tech Support: Mark Johnson, Brett Pike

Our Mission:

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

Our Method:

Worship | Connect | Respond



UPTOWN CAMPUS: 206 SW Walnut Street

FAITH CHAPEL: 7384 NW 16th Street

CHRISTIAN LIFE CENTER: 710 NE 36th Street

# CONNECT Card

We're glad you're here!

Please complete this tear-off as your offering of presence, and place it in the offering basket. If you have new contact information, please provide your name and updates.

### Circle Worship Location/Time:

*Uptown:* 8:30 9:45 11:00

*Faith Chapel:* 9:00 10:30

*Christian Life Center:* 9:00 10:45

Sat. 5:30

Please update the following:

Name \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Names and grades of children in

attendance: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

RESPOND

**Towel Donations Needed!** The YMCA Supportive Housing Campus is in need of towels. New or very gently used, bathroom or beach, they'd love to have them all! Donations will be accepted all of August and they can be placed in the marked tubs at the CLC and the Uptown sites.

**Help Wanted at Soul Food Café** Do you have two hours to spare on Wednesday afternoons/evenings? We are looking for additional volunteers for Soul Food this year. Some of our long-time volunteers "retired" and we need help. Dishwashers, clean-up help, servers, prep help (afternoons), laundry (dishtowels) coordinator and a backup cook are needed. Please contact Sue Williams (515.229.1622 or [kensue4u@netzero.com](mailto:kensue4u@netzero.com)) if interested. It takes many hands to put together this weekly meal and we serve not only those attending Wednesday night activities, but many others from the community who enjoy a hot meal and fellowship with friends, old and new. Soul Food starts Wednesday, September 11.

**CLC Sunday School Teachers Needed!** We are in need of several Sunday School teachers to teach all grades at both the 9:00 and 10:45 CLC services. This is a once a month commitment and we provide all materials needed to help plan the lesson. We will also hold an orientation in August where you will receive more information and meet other teachers. We can't have Sunday School without volunteers so please consider responding in God's love to this opportunity. If interested please fill out the Connect Card or contact [Marcie.Mulford@AnkenyFirst.org](mailto:Marcie.Mulford@AnkenyFirst.org).

**Habitat Build** Ten members of Ankeny First, in partnership with a coalition of churches known as the Ankeny Circle of Faith, helped build all of the walls to a future Habitat home this past June at The Ridge. Now we can volunteer at the future Thrivent Faith Build home in Des Moines's Mondamin Presidential neighborhood. Dates: **Friday, August 23, 8:00am-4:00pm; Tuesday, August 27 9:30am-4:00pm; Friday, August 30 from 8:00am-4:00pm.** Register for your shift at <https://tinyurl.com/yy5dhdam>. If you have questions or would like to go together as a group please contact Connie Ruths at 360-4365 or [boco1mato@q.com](mailto:boco1mato@q.com). Questions? Contact Clara Bergan at [cbergan@gdmhabitat.org](mailto:cbergan@gdmhabitat.org).

**August Mission of the Month: New Horizons Adult Day Center** This ministry is near and dear to the hearts of many because it began in this church. New Horizons Adult Day Center first opened in January 2000 to address the needs of weary caregivers and persons with Alzheimer's disease and other neurological conditions. New Horizons serves those with physical or cognitive challenges. It is a safe, supportive environment that offers activities for participants to stimulate their body, mind and spirit and gives caregivers a much-needed break. Please place monetary donations in the Mission of the Month envelopes, write "New Horizons" on your check memo and drop in the offering plate, or simply give on-line.

**HIIT F3 High Intensity Interval Training** is a total body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided. This class is offered at 5:15am, 6:00am, and 6:30pm at the CLC. It's an 8-week session that begins on Mon., August 12, and runs through Fri., October 4. Cost is \$40. You can register at [www.AnkenyFirst.org](http://www.AnkenyFirst.org).

FITNESS

# Welcome

## Christian Life Center Contemporary Worship August 4, 2019—9:00 & 10:45am

\*PRAISE

PRAYER

CHILDREN'S TIME

OFFERING OF OURSELVES

SCRIPTURE

Ephesians 4:17-24 (25-32)

SERMON

"Renewing"

Rev. John Wagner

SACRAMENT OF HOLY COMMUNION

\*CLOSING SONG

*\*Please stand in body or spirit.*

**Our Mission:**

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

**Our Method:**

Worship | Connect | Respond



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

# CONNECT Card

We're glad you're here!

Please complete this tear-off as your offering of presence, and place it in the offering basket. If you have new contact information, please provide your name and updates.

### Circle Worship Location/Time:

*Uptown:* 8:30 9:45 11:00

*Faith Chapel:* 9:00 10:30

*Christian Life Center:* 9:00 10:45  
Sat. 5:30

Please update the following:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

### I am a:

First Time Guest

Member/Friend

Guest less than 6 months

## Prayer Requests

Prayers requested for anyone who is not a member of your family require that you have obtained their express permission to request prayers on their behalf.

### Please select one.

Please put this on our public prayer chain.

Please keep this confidential to pastors and church staff only.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

RESPOND

**Towel Donations Needed!** The YMCA Supportive Housing Campus is in need of towels. New or very gently used, bathroom or beach, they'd love to have them all! Donations will be accepted all of August and they can be placed in the marked tubs at the CLC and the Uptown sites.

**Help Wanted at Soul Food Café** Do you have two hours to spare on Wednesday afternoons/evenings? We are looking for additional volunteers for Soul Food this year. Some of our long-time volunteers "retired" and we need help. Dishwashers, clean-up help, servers, prep help (afternoons), laundry (dishtowels) coordinator and a backup cook are needed. Please contact Sue Williams (515.229.1622 or [kensue4u@netzero.com](mailto:kensue4u@netzero.com)) if interested. It takes many hands to put together this weekly meal and we serve not only those attending Wednesday night activities, but many others from the community who enjoy a hot meal and fellowship with friends, old and new. Soul Food starts Wednesday, September 11.

**CLC Sunday School Teachers Needed!** We are in need of several Sunday School teachers to teach all grades at both the 9:00 and 10:45 CLC services. This is a once a month commitment and we provide all materials needed to help plan the lesson. We will also hold an orientation in August where you will receive more information and meet other teachers. We can't have Sunday School without volunteers so please consider responding in God's love to this opportunity. If interested please fill out the Connect Card or contact [Marcie.Mulford@AnkenyFirst.org](mailto:Marcie.Mulford@AnkenyFirst.org).

**Habitat Build** Ten members of Ankeny First, in partnership with a coalition of churches known as the Ankeny Circle of Faith, helped build all of the walls to a future Habitat home this past June at The Ridge. Now we can volunteer at the future Thrivent Faith Build home in Des Moines's Mondamin Presidential neighborhood. Dates: **Friday, August 23, 8:00am-4:00pm; Tuesday, August 27 9:30am-4:00pm; Friday, August 30 from 8:00am-4:00pm.** Register for your shift at <https://tinyurl.com/yy5dhdam>. If you have questions or would like to go together as a group please contact Connie Ruths at 360-4365 or [boco1mato@q.com](mailto:boco1mato@q.com). Questions? Contact Clara Bergan at [cbergan@gdmhabitat.org](mailto:cbergan@gdmhabitat.org).

**August Mission of the Month: New Horizons Adult Day Center** This ministry is near and dear to the hearts of many because it began in this church. New Horizons Adult Day Center first opened in January 2000 to address the needs of weary caregivers and persons with Alzheimer's disease and other neurological conditions. New Horizons serves those with physical or cognitive challenges. It is a safe, supportive environment that offers activities for participants to stimulate their body, mind and spirit and gives caregivers a much-needed break. Please place monetary donations in the Mission of the Month envelopes, write "New Horizons" on your check memo and drop in the offering plate, or simply give on-line.

**HIIT F3 High Intensity Interval Training** is a total body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided. This class is offered at 5:15am, 6:00am, and 6:30pm at the CLC. It's an 8-week session that begins on Mon., August 12, and runs through Fri., October 4. Cost is \$40. You can register at [www.AnkenyFirst.org](http://www.AnkenyFirst.org).

FITNESS

# Welcome

## Uptown—Traditional Worship

**August 4, 2019—11:00am**

PRELUDE

WELCOME / \*CONGREGATIONAL GREETING

\*CALL TO WORSHIP

\*PROCESSIONAL HYMN

*"The Church's One Foundation" #545 vs. 1,3,4*

\*OPENING PRAYER

*"Gloria Patri" #71*

ANTHEM *"How Beautiful"* Beth Madison & Jeanna Fuller

OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

*"Surely the Presence of the Lord" #328 (sing twice)*

PRAYERS OF THE PEOPLE / THE LORD'S PRAYER

OFFERTORY

\*DOXOLOGY / \*PRAYER OF DEDICATION

HYMN OF REFLECTION

*"The Gift of Love" #408*

SCRIPTURE Ephesians 4:17-32

SERMON *"Renewing"* Rev. Mike Janes

SACRAMENT OF HOLY COMMUNION

\*HYMN OF SENDING *"O Master, Let Me Walk with Thee" #430 vs. 1-3*

\*BENEDICTION / POSTLUDE

*\*Please stand in body or spirit.*

Today's Worship Helpers are listed below:

Worship Hosts: *Greeters*—Roy & Sandy Crabtree, Mike Long, Colleen Mooi

*Ushers*—Lisa Keller, Tara Ramsey, Jack & Rhonda Stewart

Organist: Kim Field Hymn Leader/Liturgist: José Clavell

Tech Support: José Clavell, Sherrill Marske

Our Mission:

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

Our Method:

Worship | Connect | Respond



# CONNECT Card

We're glad you're here!

Please complete this tear-off as your offering of presence, and place it in the offering basket. If you have new contact information, please provide your name and updates.

## Circle Worship Location/Time:

*Uptown:* 8:30 9:45 11:00

*Faith Chapel:* 9:00 10:30

*Christian Life Center:* 9:00 10:45

Sat. 5:30

Please update the following:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

## I am a:

First Time Guest

Member/Friend

Guest less than 6 months

## Prayer Requests

Prayers requested for anyone who is not a member of your family require that you have obtained their express permission to request prayers on their behalf.

## Please select one.

Please put this on our public prayer chain.

Please keep this confidential to pastors and church staff only.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

RESPOND

**Towel Donations Needed!** The YMCA Supportive Housing Campus is in need of towels. New or very gently used, bathroom or beach, they'd love to have them all! Donations will be accepted all of August and they can be placed in the marked tubs at the CLC and the Uptown sites.

**Help Wanted at Soul Food Café** Do you have two hours to spare on Wednesday afternoons/evenings? We are looking for additional volunteers for Soul Food this year. Some of our long-time volunteers "retired" and we need help. Dishwashers, clean-up help, servers, prep help (afternoons), laundry (dishtowels) coordinator and a backup cook are needed. Please contact Sue Williams (515.229.1622 or [kensue4u@netzero.com](mailto:kensue4u@netzero.com)) if interested. It takes many hands to put together this weekly meal and we serve not only those attending Wednesday night activities, but many others from the community who enjoy a hot meal and fellowship with friends, old and new. Soul Food starts Wednesday, September 11.

**CLC Sunday School Teachers Needed!** We are in need of several Sunday School teachers to teach all grades at both the 9:00 and 10:45 CLC services. This is a once a month commitment and we provide all materials needed to help plan the lesson. We will also hold an orientation in August where you will receive more information and meet other teachers. We can't have Sunday School without volunteers so please consider responding in God's love to this opportunity. If interested please fill out the Connect Card or contact [Marcie.Mulford@AnkenyFirst.org](mailto:Marcie.Mulford@AnkenyFirst.org).

**Habitat Build** Ten members of Ankeny First, in partnership with a coalition of churches known as the Ankeny Circle of Faith, helped build all of the walls to a future Habitat home this past June at The Ridge. Now we can volunteer at the future Thrivent Faith Build home in Des Moines's Mondamin Presidential neighborhood. Dates: **Friday, August 23, 8:00am-4:00pm; Tuesday, August 27 9:30am-4:00pm; Friday, August 30 from 8:00am-4:00pm.** Register for your shift at <https://tinyurl.com/yy5dhdam>. If you have questions or would like to go together as a group please contact Connie Ruths at 360-4365 or [boco1mato@q.com](mailto:boco1mato@q.com). Questions? Contact Clara Bergan at [cbergan@gdmhabitat.org](mailto:cbergan@gdmhabitat.org).

**August Mission of the Month: New Horizons Adult Day Center** This ministry is near and dear to the hearts of many because it began in this church. New Horizons Adult Day Center first opened in January 2000 to address the needs of weary caregivers and persons with Alzheimer's disease and other neurological conditions. New Horizons serves those with physical or cognitive challenges. It is a safe, supportive environment that offers activities for participants to stimulate their body, mind and spirit and gives caregivers a much-needed break. Please place monetary donations in the Mission of the Month envelopes, write "New Horizons" on your check memo and drop in the offering plate, or simply give on-line.

**HIIT F3 High Intensity Interval Training** is a total body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided. This class is offered at 5:15am, 6:00am, and 6:30pm at the CLC. It's an 8-week session that begins on Mon., August 12, and runs through Fri., October 4. Cost is \$40. You can register at [www.AnkenyFirst.org](http://www.AnkenyFirst.org).

FITNESS

# Welcome

## Christian Life Center Contemporary Worship August 3, 2019—5:30pm

WELCOME / \*PRAISE SONGS

OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

PRAYERS OF THE PEOPLE / THE LORD'S PRAYER

OFFERTORY

SCRIPTURE Ephesians 4:17-32

SERMON "Renewing" Rev. Mike Janes

SACRAMENT OF HOLY COMMUNION

\*CLOSING SONG

\*BLESSING

*\*Please stand in body or spirit.*

### Our Mission:

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

### Our Method:

Worship | Connect | Respond



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

# CONNECT Card

We're glad you're here!

Please complete this tear-off as your offering of presence, and place it in the offering basket. If you have new contact information, please provide your name and updates.

## Circle Worship Location/Time:

Uptown: 8:30 9:45 11:00

Faith Chapel: 9:00 10:30

Christian Life Center: 9:00 10:45

Sat. 5:30

Please update the following:

Name \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Names and grades of children in

attendance: \_\_\_\_\_

\_\_\_\_\_

## I am a:

First Time Guest

Member/Friend

Guest less than 6 months

## Prayer Requests

Prayers requested for anyone who is not a member of your family require that you have obtained their express permission to request prayers on their behalf.

## Please select one.

Please put this on our public prayer chain.

Please keep this confidential to pastors and church staff only.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

RESPOND

**Towel Donations Needed!** The YMCA Supportive Housing Campus is in need of towels. New or very gently used, bathroom or beach, they'd love to have them all! Donations will be accepted all of August and they can be placed in the marked tubs at the CLC and the Uptown sites.

**Help Wanted at Soul Food Café** Do you have two hours to spare on Wednesday afternoons/evenings? We are looking for additional volunteers for Soul Food this year. Some of our long-time volunteers "retired" and we need help. Dishwashers, clean-up help, servers, prep help (afternoons), laundry (dishtowels) coordinator and a backup cook are needed. Please contact Sue Williams (515.229.1622 or [kensue4u@netzero.com](mailto:kensue4u@netzero.com)) if interested. It takes many hands to put together this weekly meal and we serve not only those attending Wednesday night activities, but many others from the community who enjoy a hot meal and fellowship with friends, old and new. Soul Food starts Wednesday, September 11.

**CLC Sunday School Teachers Needed!** We are in need of several Sunday School teachers to teach all grades at both the 9:00 and 10:45 CLC services. This is a once a month commitment and we provide all materials needed to help plan the lesson. We will also hold an orientation in August where you will receive more information and meet other teachers. We can't have Sunday School without volunteers so please consider responding in God's love to this opportunity. If interested please fill out the Connect Card or contact [Marcie.Mulford@AnkenyFirst.org](mailto:Marcie.Mulford@AnkenyFirst.org).

**Habitat Build** Ten members of Ankeny First, in partnership with a coalition of churches known as the Ankeny Circle of Faith, helped build all of the walls to a future Habitat home this past June at The Ridge. Now we can volunteer at the future Thrivent Faith Build home in Des Moines's Mondamin Presidential neighborhood. Dates: **Friday, August 23, 8:00am-4:00pm; Tuesday, August 27 9:30am-4:00pm; Friday, August 30 from 8:00am-4:00pm.** Register for your shift at <https://tinyurl.com/yy5dhdam>. If you have questions or would like to go together as a group please contact Connie Ruths at 360-4365 or [boco1mato@q.com](mailto:boco1mato@q.com). Questions? Contact Clara Bergan at [cbergan@gdmhabitat.org](mailto:cbergan@gdmhabitat.org).

**August Mission of the Month: New Horizons Adult Day Center** This ministry is near and dear to the hearts of many because it began in this church. New Horizons Adult Day Center first opened in January 2000 to address the needs of weary caregivers and persons with Alzheimer's disease and other neurological conditions. New Horizons serves those with physical or cognitive challenges. It is a safe, supportive environment that offers activities for participants to stimulate their body, mind and spirit and gives caregivers a much-needed break. Please place monetary donations in the Mission of the Month envelopes, write "New Horizons" on your check memo and drop in the offering plate, or simply give on-line.

**HIIT F3 High Intensity Interval Training** is a total body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided. This class is offered at 5:15am, 6:00am, and 6:30pm at the CLC. It's an 8-week session that begins on Mon., August 12, and runs through Fri., October 4. Cost is \$40. You can register at [www.AnkenyFirst.org](http://www.AnkenyFirst.org).

FITNESS

# Welcome

## Faith Chapel—Traditional Worship August 4, 2019—9:00am

### PRELUDE

### WELCOME

### ANNOUNCEMENTS

### \*CALL TO WORSHIP

\*OPENING HYMN "The Church's One Foundation" #545 vs. 1,3,4

### \*PRAYER OF CONFESSION

### \*WORDS OF PARDON AND ASSURANCE

\*OUR RESPONSE "Glory Be to the Father" #70

### \*PASSING OF THE PEACE

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

### OFFERTORY

\*DOXOLOGY / PRAYER OF DEDICATION #95

SERMON HYMN "The Gift of Love" #408

SCRIPTURE Ephesians 4:17-24 (25-32)

SERMON "Accepting the New, Leaving the Old" Pastor Lewis Cox

### SACRAMENT OF HOLY COMMUNION

\*HYMN OF DEDICATION "O Master, Let Me Walk with Thee" #430 vs. 1-3

### \*BENEDICTION/BENEDICTION SONG

*\*Please stand in body or spirit.*

Today's Worship Helpers are listed below:

Audio/Video: Dean Pollpeter Keyboard: xx

### Our Mission:

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

### Our Method:

Worship | Connect | Respond



# CONNECT Card

We're glad you're here!

Please complete this tear-off as your offering of presence, and place it in the offering basket. If you have new contact information, please provide your name and updates.

## Circle Worship Location/Time:

*Uptown:* 8:30 9:45 11:00

*Faith Chapel:* 9:00 10:30

*Christian Life Center:* 9:00 10:45

Sat. 5:30

Please update the following:

Name \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

RESPOND

**Towel Donations Needed!** The YMCA Supportive Housing Campus is in need of towels. New or very gently used, bathroom or beach, they'd love to have them all! Donations will be accepted all of August and they can be placed in the marked tubs at the CLC and the Uptown sites.

**Help Wanted at Soul Food Café** Do you have two hours to spare on Wednesday afternoons/evenings? We are looking for additional volunteers for Soul Food this year. Some of our long-time volunteers "retired" and we need help. Dishwashers, clean-up help, servers, prep help (afternoons), laundry (dishtowels) coordinator and a backup cook are needed. Please contact Sue Williams (515.229.1622 or [kensue4u@netzero.com](mailto:kensue4u@netzero.com)) if interested. It takes many hands to put together this weekly meal and we serve not only those attending Wednesday night activities, but many others from the community who enjoy a hot meal and fellowship with friends, old and new. Soul Food starts Wednesday, September 11.

**CLC Sunday School Teachers Needed!** We are in need of several Sunday School teachers to teach all grades at both the 9:00 and 10:45 CLC services. This is a once a month commitment and we provide all materials needed to help plan the lesson. We will also hold an orientation in August where you will receive more information and meet other teachers. We can't have Sunday School without volunteers so please consider responding in God's love to this opportunity. If interested please fill out the Connect Card or contact [Marcie.Mulford@AnkenyFirst.org](mailto:Marcie.Mulford@AnkenyFirst.org).

**Habitat Build** Ten members of Ankeny First, in partnership with a coalition of churches known as the Ankeny Circle of Faith, helped build all of the walls to a future Habitat home this past June at The Ridge. Now we can volunteer at the future Thrivent Faith Build home in Des Moines's Mondamin Presidential neighborhood. Dates: **Friday, August 23, 8:00am-4:00pm; Tuesday, August 27 9:30am-4:00pm; Friday, August 30 from 8:00am-4:00pm.** Register for your shift at <https://tinyurl.com/yy5dhdam>. If you have questions or would like to go together as a group please contact Connie Ruths at 360-4365 or [boco1mato@q.com](mailto:boco1mato@q.com). Questions? Contact Clara Bergan at [cbergan@gdmhabitat.org](mailto:cbergan@gdmhabitat.org).

**August Mission of the Month: New Horizons Adult Day Center** This ministry is near and dear to the hearts of many because it began in this church. New Horizons Adult Day Center first opened in January 2000 to address the needs of weary caregivers and persons with Alzheimer's disease and other neurological conditions. New Horizons serves those with physical or cognitive challenges. It is a safe, supportive environment that offers activities for participants to stimulate their body, mind and spirit and gives caregivers a much-needed break. Please place monetary donations in the Mission of the Month envelopes, write "New Horizons" on your check memo and drop in the offering plate, or simply give on-line.

**HIIT F3 High Intensity Interval Training** is a total body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided. This class is offered at 5:15am, 6:00am, and 6:30pm at the CLC. It's an 8-week session that begins on Mon., August 12, and runs through Fri., October 4. Cost is \$40. You can register at [www.AnkenyFirst.org](http://www.AnkenyFirst.org).

FITNESS

# Welcome

## Faith Chapel—Casual Worship August 4, 2019—10:30am

### WELCOME & ANNOUNCEMENTS

\*PASS THE PEACE OF CHRIST

\*PRAISE SONGS

PRAYERS OF THE PEOPLE/JOYS, CELEBRATIONS, & CONCERNS

### OFFERTORY

"You Say" Worship Team

### SCRIPTURE

Ephesians 4:17-24 (25-32)

### SERMON

"Renewing"

Pastor Lewis Cox

### SACRAMENT OF HOLY COMMUNION

\*BENEDICTION

*\*Please stand in body or spirit.*

Today's Worship Helpers are listed below:

Audio/Visual: Dean Pollpeter

### Our Mission:

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

### Our Method:

Worship | Connect | Respond



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