



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 | Families

General News

Youth

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! \$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.

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!

Nursery Wish List Did you know our three-site church offers childcare at all Sunday worship services, The Road, Wednesdays @First, and several small group and fitness classes? To keep our nurseries well-stocked, the childcare team is in need of the following: batteries (all sizes but mostly AA and AAA), unscented baby wipes, Kleenex, disinfecting wipes, size 4 or 5 diapers, pens, post-it notes, coloring books, crayons, games, doll stroller, child-size shopping cart, toy car ramps, and washable dolls (no stuffed animals, please).

Bright Beginnings Preschool invites you to their Scholastic Book Fair this coming week (April 20—11:00-1:00pm; & April 21—11:00-12:00pm & 5:00-7:30pm) at our Uptown location in the hallway just south of the sanctuary. Scholastic dollars earned will help purchase new equipment and books for our preschoolers.

Photographers Needed We are looking for photographers to help us with a Mother's Day photo booth at each of our worship locations. Please sign the Connect card if you are able to help on May 8.

All Arc Invited to the United Methodist Women Spring Salad Buffet & Boutique on **April 19**, 11:00am - 1:00pm in the Uptown Fellowship Hall. The buffet features a huge assortment of all-you-can-eat salads. Tickets: \$8 for adults, and \$5 for children ages 3 to 10 in advance; \$10 at the door. Advance tickets are available in the church offices and between services today. Proceeds will go to missions. Boutique items are needed! Bring baked goods, and craft/boutique items the morning of April 19. Questions? Call Janet Lebsack at 515.314.8143.

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. Watch for more information.

Plea for Sunday School Leaders The Southern Sudanese UMC is meeting at Epworth UMC in Des Moines, and is looking for churches to lead an English-speaking Sunday School program once a month on Sunday afternoons from 1:00-3:00pm. Please consider how these two hours a week will help these parents connect during worship, and strengthen the faith of these children and youth. If you are interested in learning more, indicate this on the Connect Card.

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.

NO Youth@First or Confirmation Tonight Due to Discovery Weekend, we will not meet tonight. See you next week for our regular Sunday night activities. Supper starts at 5:45pm and service starts at 6:30pm!

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 can help take Mother's Day photos on May 8.
- I am interested in knowing more about the Agape Garden and how I can help.
- I am interested in helping the Southern Sudanese UMC Sunday School program.
- I would like to attend the next New Member Gathering on April 24 & May 1.

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 **Lutheran:** Dwight Brown **Mercy:** Kelly Instad **Methodist:** Kevin Beyer, Ken Verrone **Discharged:** Toni Dickey

Sympathy to: Qian Moss on the death of her mother, SuWen Wan, on April 11.
Baptism: (CLC 9:00) Hailey Eloise Van Weelden, daughter of Bob & Emily Van Weelden. ♦ Aria Rose Dickinson, daughter of Aaron & Katie Dickinson, & granddaughter of Greg & Kathy Dickinson. **(Uptown 11:00)** Delia Katherine Lahner, daughter of Nate & Michelle Lahner.

PRESENCE: The following are attendance figures from last week:

WORSHIP: (Wednesdays@First)43 (The Road)47 (Sat)39 (8:30)189 (9:45)216 (11:00)199 (CLC-9:00)283 (CLC-10:45)144 (FC-9:00)283 (FC-10:30)144 Total = 1,244

SUNDAY SCHOOL (Uptown)111 (CLC)127 (FC)3

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

Operating Budget \$33,518.32 Cap. Campaign \$4,443.46 Mission \$2,763.60 Other \$118.00

Find us on the web at www.AnkenyFirst.org.

More announcements on reverse side.

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 Sat. 5:00

Faith Chapel: 9:00 10:30

Christian Life Center: 9:00 10:45

Wednesdays@First

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

How did you hear about Ankeny

First? _____

I would like more information about becoming a member.

In Mission

April Mission of the Month We are planting seeds! *First*, by serving at Agape Garden (located at our Faith Chapel site). Open work days/times: Tuesdays & Thursdays 6:00pm-dusk, and Saturdays 8:00am-noon. *Second*, by giving financially toward scholarships to attend Summer Games University or children's camp. *Third*, by bringing in new or gently used houseware items (NO appliances, please) to the Mission of the Month bins, and then given to Bidwell Riverside.

Ingathering School Bags Are Ready to Sew Enjoy sewing? If so, we need your help sewing those school bags. Pick them up (simple instructions included) at both the CLC and Uptown sites.

Sports/Fitness

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, more action, and equal touches on the ball. 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.ankenyfirst.org/soccer.htm.

Sports Ministry Volunteers Our kids recreational soccer league is the largest sports ministry offering of our church. The past two years, nearly 300 kids have participated! Soccer is open to the community which brings many participants who are not familiar with Ankeny First to us. We need volunteers to coach, welcome/greet, cook/serve hotdogs, coordinate volunteers and more. If interested, contact traci@ankenyfirst.org or sign the Connect Card. The league is held on Monday and Tuesday nights from **May 23-June 28**.

Try Our HIIT (High Intensity Interval Training) at the CLC! HIIT will push you to your max each day in a quick 30-minute workout. HIIT sessions consist of high intensity periods followed by low intensity exercises to recover. We do many variations of HIIT to keep your body guessing each day. Serving as one of the most effective workouts for the busiest of folks and also for those searching to increase the rate of fat-loss, HIIT is a definite must-do. Five days a week (Mon-Fri) from April 25-June 17, 6:00am-6:30am, at the CLC. The cost is \$40.

Bootcamp Looking for the perfect combination of heart-pumping cardio and intense strength training? This class is it. Bootcamp is designed to push participants harder than they'd push themselves. We want to keep you guessing and challenge you differently every class. We want you to have fun, but be prepared for some high-intensity training! 5:15am-6:00am, Monday-Friday: **April 25- June 17**, Cost is \$40.

Connection

Faith, Friends, and Flip Flops Calling all ladies! Join us for a night of fellowship, games, treats and fun...and wear your flip flops! Friday, **April 29**, 7:00-9:00pm at the Christian Life Center. This event is free, but we will take up a goodwill offering to help cover expenses. No need to RSVP – contact Jenny Neighbour with questions and to **donate prizes** for the event. Neighbour.Jenny@gmail.com or 515.954.6837.

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 guest 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!

NAMI Event You are invited to a free, public event to hear Teresa Bomhoff, President of the National Alliance on Mental Illness (NAMI) of Greater Des Moines, present “A Call to Action For Mental Health Care.” Location: Our Lady's Immaculate Heart Church, 510 East First St., Ankeny, on Tuesday, **April 26**, 7:00-8:30pm. Teresa will share how mental health provider shortages are causing a crisis situation in our community, and solutions that we can address to help alleviate this crisis.

Welcome

Uptown Campus ~ Traditional Worship

April 17, 2016 ~ 8:30am

PRELUDE

WELCOME / *CONGREGATIONAL GREETING

*CALL TO WORSHIP Worship Leader: Lindsay Drake

*PROCESSIONAL HYMN “Because He Lives” #364

*OPENING PRAYER/WORDS OF PARDON & ASSURANCE

ANTHEM “How Can I Keep from Singing” [arr. Ellingboe] Chancel Choir with Amy Warren, flute

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 “You Are Mine”

SCRIPTURE John 21:1-14

SERMON “Simplify Your Fears and Failures” Rev. Scott Hibben

*HYMN OF SENDING “Great Is Thy Faithfulness” #140

*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: Will Freeseaman, Lory Johnson, Allaire Jutting, Ken Kise, Darrell & Anita Krei, Jim & Judi Logan, John & Pat Malone

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

Organist: Mark Shultz **Acolytes:** Confirmation Students **Tech Support:** Brett Pike, Mark Johnson

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.



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 Sat. 5:00

Faith Chapel: 9:00 10:30

Christian Life Center: 9:00 10:45

Wednesdays@First

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

How did you hear about Ankeny

First? _____

I would like more information about becoming a member.

In Mission

April Mission of the Month We are planting seeds! *First*, by serving at Agape Garden (located at our Faith Chapel site). Open work days/times: Tuesdays & Thursdays 6:00pm-dusk, and Saturdays 8:00am-noon. *Second*, by giving financially toward scholarships to attend Summer Games University or children's camp. *Third*, by bringing in new or gently used houseware items (NO appliances, please) to the Mission of the Month bins, and then given to Bidwell Riverside.

Ingathering School Bags Are Ready to Sew Enjoy sewing? If so, we need your help sewing those school bags. Pick them up (simple instructions included) at both the CLC and Uptown sites.

Sports/Fitness

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, more action, and equal touches on the ball. 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.ankenyfirst.org/soccer.htm.

Sports Ministry Volunteers Our kids recreational soccer league is the largest sports ministry offering of our church. The past two years, nearly 300 kids have participated! Soccer is open to the community which brings many participants who are not familiar with Ankeny First to us. We need volunteers to coach, welcome/greet, cook/serve hotdogs, coordinate volunteers and more. If interested, contact traci@ankenyfirst.org or sign the Connect Card. The league is held on Monday and Tuesday nights from **May 23-June 28**.

Try Our HIIT (High Intensity Interval Training) at the CLC! HIIT will push you to your max each day in a quick 30-minute workout. HIIT sessions consist of high intensity periods followed by low intensity exercises to recover. We do many variations of HIIT to keep your body guessing each day. Serving as one of the most effective workouts for the busiest of folks and also for those searching to increase the rate of fat-loss, HIIT is a definite must-do. Five days a week (Mon-Fri) from April 25-June 17, 6:00am-6:30am, at the CLC. The cost is \$40.

Bootcamp Looking for the perfect combination of heart-pumping cardio and intense strength training? This class is it. Bootcamp is designed to push participants harder than they'd push themselves. We want to keep you guessing and challenge you differently every class. We want you to have fun, but be prepared for some high-intensity training! 5:15am-6:00am, Monday-Friday: **April 25- June 17**, Cost is \$40.

Connection

Faith, Friends, and Flip Flops Calling all ladies! Join us for a night of fellowship, games, treats and fun...and wear your flip flops! Friday, **April 29**, 7:00-9:00pm at the Christian Life Center. This event is free, but we will take up a goodwill offering to help cover expenses. No need to RSVP – contact Jenny Neighbour with questions and to **donate prizes** for the event. Neighbour.Jenny@gmail.com or 515.954.6837.

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 guest 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!

NAMI Event You are invited to a free, public event to hear Teresa Bomhoff, President of the National Alliance on Mental Illness (NAMI) of Greater Des Moines, present “A Call to Action For Mental Health Care.” Location: Our Lady's Immaculate Heart Church, 510 East First St., Ankeny, on Tuesday, **April 26**, 7:00-8:30pm. Teresa will share how mental health provider shortages are causing a crisis situation in our community, and solutions that we can address to help alleviate this crisis.

Welcome

Uptown ~ Relaxed Contemporary Worship April 17, 2016 ~ 9:45am

GATHERING SONG

SPECIAL MUSIC Little Cherubs

WELCOME / *CONGREGATIONAL GREETING

*PRAISE SONGS

CHILDREN'S TIME

OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

PRAYERS OF THE PEOPLE / THE LORD'S PRAYER

OFFERTORY / *DOXOLOGY

SONG OF REFLECTION

SCRIPTURE

John 21:1-14

SERMON

“Simplify Your Fears and Failures” Rev. Scott Hibben

*SONG OF SENDING

**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: Matt & Jodi Bybee, Michael & Stacy Frelund, Tony Rhoads

Worship Leader: Lindsay Drake

Tech Support: Paul Moss, Mark Johnson

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



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 Sat. 5:00

Faith Chapel: 9:00 10:30

Christian Life Center: 9:00 10:45

Wednesdays@First

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

How did you hear about Ankeny

First? _____

I would like more information about becoming a member.

In Mission

April Mission of the Month We are planting seeds! *First*, by serving at Agape Garden (located at our Faith Chapel site). Open work days/times: Tuesdays & Thursdays 6:00pm-dusk, and Saturdays 8:00am-noon. *Second*, by giving financially toward scholarships to attend Summer Games University or children's camp. *Third*, by bringing in new or gently used houseware items (NO appliances, please) to the Mission of the Month bins, and then given to Bidwell Riverside.

Ingathering School Bags Are Ready to Sew Enjoy sewing? If so, we need your help sewing those school bags. Pick them up (simple instructions included) at both the CLC and Uptown sites.

Sports/Fitness

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, more action, and equal touches on the ball. 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.ankenyfirst.org/soccer.htm.

Sports Ministry Volunteers Our kids recreational soccer league is the largest sports ministry offering of our church. The past two years, nearly 300 kids have participated! Soccer is open to the community which brings many participants who are not familiar with Ankeny First to us. We need volunteers to coach, welcome/greet, cook/serve hotdogs, coordinate volunteers and more. If interested, contact traci@ankenyfirst.org or sign the Connect Card. The league is held on Monday and Tuesday nights from **May 23-June 28**.

Try Our HIIT (High Intensity Interval Training) at the CLC! HIIT will push you to your max each day in a quick 30-minute workout. HIIT sessions consist of high intensity periods followed by low intensity exercises to recover. We do many variations of HIIT to keep your body guessing each day. Serving as one of the most effective workouts for the busiest of folks and also for those searching to increase the rate of fat-loss, HIIT is a definite must-do. Five days a week (Mon-Fri) from April 25-June 17, 6:00am-6:30am, at the CLC. The cost is \$40.

Bootcamp Looking for the perfect combination of heart-pumping cardio and intense strength training? This class is it. Bootcamp is designed to push participants harder than they'd push themselves. We want to keep you guessing and challenge you differently every class. We want you to have fun, but be prepared for some high-intensity training! 5:15am-6:00am, Monday-Friday: **April 25- June 17**, Cost is \$40.

Connection

Faith, Friends, and Flip Flops Calling all ladies! Join us for a night of fellowship, games, treats and fun...and wear your flip flops! Friday, **April 29**, 7:00-9:00pm at the Christian Life Center. This event is free, but we will take up a goodwill offering to help cover expenses. No need to RSVP – contact Jenny Neighbour with questions and to **donate prizes** for the event. Neighbour.Jenny@gmail.com or 515.954.6837.

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 guest 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!

NAMI Event You are invited to a free, public event to hear Teresa Bomhoff, President of the National Alliance on Mental Illness (NAMI) of Greater Des Moines, present “A Call to Action For Mental Health Care.” Location: Our Lady's Immaculate Heart Church, 510 East First St., Ankeny, on Tuesday, **April 26**, 7:00-8:30pm. Teresa will share how mental health provider shortages are causing a crisis situation in our community, and solutions that we can address to help alleviate this crisis.

Welcome

Christian Life Center Contemporary Worship April 17, 2016 ~ 9:00am

*PRAISE

PRAYER

SACRAMENT OF BAPTISM (9:00)

CHILDREN'S TIME

OFFERING OF OURSELVES

SCRIPTURE

John 20:19-23

SERMON

“Simplify—Fears and Failures”

Rev. Angie Loomis

*CLOSING SONG

**Please stand if you are able.*

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

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

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 Sat. 5:00

Faith Chapel: 9:00 10:30

Christian Life Center: 9:00 10:45

Wednesdays@First

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

How did you hear about Ankeny

First? _____

I would like more information about becoming a member.

In Mission

April Mission of the Month We are planting seeds! *First*, by serving at Agape Garden (located at our Faith Chapel site). Open work days/times: Tuesdays & Thursdays 6:00pm-dusk, and Saturdays 8:00am-noon. *Second*, by giving financially toward scholarships to attend Summer Games University or children's camp. *Third*, by bringing in new or gently used houseware items (NO appliances, please) to the Mission of the Month bins, and then given to Bidwell Riverside.

Ingathering School Bags Are Ready to Sew Enjoy sewing? If so, we need your help sewing those school bags. Pick them up (simple instructions included) at both the CLC and Uptown sites.

Sports/Fitness

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, more action, and equal touches on the ball. 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.ankenyfirst.org/soccer.htm.

Sports Ministry Volunteers Our kids recreational soccer league is the largest sports ministry offering of our church. The past two years, nearly 300 kids have participated! Soccer is open to the community which brings many participants who are not familiar with Ankeny First to us. We need volunteers to coach, welcome/greet, cook/serve hotdogs, coordinate volunteers and more. If interested, contact traci@ankenyfirst.org or sign the Connect Card. The league is held on Monday and Tuesday nights from **May 23-June 28**.

Try Our HIIT (High Intensity Interval Training) at the CLC! HIIT will push you to your max each day in a quick 30-minute workout. HIIT sessions consist of high intensity periods followed by low intensity exercises to recover. We do many variations of HIIT to keep your body guessing each day. Serving as one of the most effective workouts for the busiest of folks and also for those searching to increase the rate of fat-loss, HIIT is a definite must-do. Five days a week (Mon-Fri) from April 25-June 17, 6:00am-6:30am, at the CLC. The cost is \$40.

Bootcamp Looking for the perfect combination of heart-pumping cardio and intense strength training? This class is it. Bootcamp is designed to push participants harder than they'd push themselves. We want to keep you guessing and challenge you differently every class. We want you to have fun, but be prepared for some high-intensity training! 5:15am-6:00am, Monday-Friday: **April 25- June 17**, Cost is \$40.

Connection

Faith, Friends, and Flip Flops Calling all ladies! Join us for a night of fellowship, games, treats and fun...and wear your flip flops! Friday, **April 29**, 7:00-9:00pm at the Christian Life Center. This event is free, but we will take up a goodwill offering to help cover expenses. No need to RSVP – contact Jenny Neighbour with questions and to **donate prizes** for the event. Neighbour.Jenny@gmail.com or 515.954.6837.

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 guest 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!

NAMI Event You are invited to a free, public event to hear Teresa Bomhoff, President of the National Alliance on Mental Illness (NAMI) of Greater Des Moines, present “A Call to Action For Mental Health Care.” Location: Our Lady's Immaculate Heart Church, 510 East First St., Ankeny, on Tuesday, **April 26**, 7:00-8:30pm. Teresa will share how mental health provider shortages are causing a crisis situation in our community, and solutions that we can address to help alleviate this crisis.

Welcome

Christian Life Center Discovery Weekend April 17, 2016 ~ 10:45am

*PRAISE

PRAYER

CHILDREN'S TIME

OFFERING OF OURSELVES

SCRIPTURE

1 Timothy 4:12

SERMON

“Moving Forward”

Will Hopkins

*CLOSING SONG

**Please stand if you are able.*

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

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

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 Sat. 5:00

Faith Chapel: 9:00 10:30

Christian Life Center: 9:00 10:45

Wednesdays@First

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

How did you hear about Ankeny

First? _____

I would like more information about becoming a member.

In Mission

April Mission of the Month We are planting seeds! *First*, by serving at Agape Garden (located at our Faith Chapel site). Open work days/times: Tuesdays & Thursdays 6:00pm-dusk, and Saturdays 8:00am-noon. *Second*, by giving financially toward scholarships to attend Summer Games University or children's camp. *Third*, by bringing in new or gently used houseware items (NO appliances, please) to the Mission of the Month bins, and then given to Bidwell Riverside.

Ingathering School Bags Are Ready to Sew Enjoy sewing? If so, we need your help sewing those school bags. Pick them up (simple instructions included) at both the CLC and Uptown sites.

Sports/Fitness

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, more action, and equal touches on the ball. 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.ankenyfirst.org/soccer.htm.

Sports Ministry Volunteers Our kids recreational soccer league is the largest sports ministry offering of our church. The past two years, nearly 300 kids have participated! Soccer is open to the community which brings many participants who are not familiar with Ankeny First to us. We need volunteers to coach, welcome/greet, cook/serve hotdogs, coordinate volunteers and more. If interested, contact traci@ankenyfirst.org or sign the Connect Card. The league is held on Monday and Tuesday nights from **May 23-June 28**.

Try Our HIIT (High Intensity Interval Training) at the CLC! HIIT will push you to your max each day in a quick 30-minute workout. HIIT sessions consist of high intensity periods followed by low intensity exercises to recover. We do many variations of HIIT to keep your body guessing each day. Serving as one of the most effective workouts for the busiest of folks and also for those searching to increase the rate of fat-loss, HIIT is a definite must-do. Five days a week (Mon-Fri) from April 25-June 17, 6:00am-6:30am, at the CLC. The cost is \$40.

Bootcamp Looking for the perfect combination of heart-pumping cardio and intense strength training? This class is it. Bootcamp is designed to push participants harder than they'd push themselves. We want to keep you guessing and challenge you differently every class. We want you to have fun, but be prepared for some high-intensity training! 5:15am-6:00am, Monday-Friday: **April 25- June 17**, Cost is \$40.

Connection

Faith, Friends, and Flip Flops Calling all ladies! Join us for a night of fellowship, games, treats and fun...and wear your flip flops! Friday, **April 29**, 7:00-9:00pm at the Christian Life Center. This event is free, but we will take up a goodwill offering to help cover expenses. No need to RSVP – contact Jenny Neighbour with questions and to **donate prizes** for the event. Neighbour.Jenny@gmail.com or 515.954.6837.

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 guest 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!

NAMI Event You are invited to a free, public event to hear Teresa Bomhoff, President of the National Alliance on Mental Illness (NAMI) of Greater Des Moines, present “A Call to Action For Mental Health Care.” Location: Our Lady's Immaculate Heart Church, 510 East First St., Ankeny, on Tuesday, **April 26**, 7:00-8:30pm. Teresa will share how mental health provider shortages are causing a crisis situation in our community, and solutions that we can address to help alleviate this crisis.

Welcome

Uptown ~ New Traditions Worship

April 17, 2016 ~ 11:00am

PRELUDE

WELCOME/*CONGREGATIONAL GREETING

*GATHERING SONG “All the People Said Amen”

ANTHEM “How Can I Keep From Singing” [arr. Ellingboe]
Chancel Choir with Jan Boehm, oboe

TIME WITH THE CHILDREN

SACRAMENT OF BAPTISM

RECEPTION OF NEW MEMBERS

OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

PRAYERS OF THE PEOPLE / LORD'S PRAYER

OFFERTORY “With Jesus” [arr. Steve Potts]

Jan Boehm, Lindsay Drake, Scott Marler

*DOXOLOGY

SONG OF REFLECTION “Simplicity”

SCRIPTURE John 21:1-14

SERMON “Simplify Your Fears and Failures” Rev. Scott Hibben

*SONG OF SENDING “Great Is Thy Faithfulness” #140

*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 Hutchinson, Bev Lewis, Mike Long, Barb Longnecker, Kerry Jo Ostring, Irene Turner, Chris & Paula Williams

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

Acolytes: Confirmation Students Worship Leader: Paul Swenson Organist: Mark Shultz

Tech Support: Brian Crouch, Herb Wilson

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.



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 Sat. 5:00

Faith Chapel: 9:00 10:30

Christian Life Center: 9:00 10:45

Wednesdays@First

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

How did you hear about Ankeny

First? _____

I would like more information about becoming a member.

In Mission

April Mission of the Month We are planting seeds! *First*, by serving at Agape Garden (located at our Faith Chapel site). Open work days/times: Tuesdays & Thursdays 6:00pm-dusk, and Saturdays 8:00am-noon. *Second*, by giving financially toward scholarships to attend Summer Games University or children's camp. *Third*, by bringing in new or gently used houseware items (NO appliances, please) to the Mission of the Month bins, and then given to Bidwell Riverside.

Ingathering School Bags Are Ready to Sew Enjoy sewing? If so, we need your help sewing those school bags. Pick them up (simple instructions included) at both the CLC and Uptown sites.

Sports/Fitness

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, more action, and equal touches on the ball. 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.ankenyfirst.org/soccer.htm.

Sports Ministry Volunteers Our kids recreational soccer league is the largest sports ministry offering of our church. The past two years, nearly 300 kids have participated! Soccer is open to the community which brings many participants who are not familiar with Ankeny First to us. We need volunteers to coach, welcome/greet, cook/serve hotdogs, coordinate volunteers and more. If interested, contact traci@ankenyfirst.org or sign the Connect Card. The league is held on Monday and Tuesday nights from **May 23-June 28**.

Try Our HIIT (High Intensity Interval Training) at the CLC! HIIT will push you to your max each day in a quick 30-minute workout. HIIT sessions consist of high intensity periods followed by low intensity exercises to recover. We do many variations of HIIT to keep your body guessing each day. Serving as one of the most effective workouts for the busiest of folks and also for those searching to increase the rate of fat-loss, HIIT is a definite must-do. Five days a week (Mon-Fri) from April 25-June 17, 6:00am-6:30am, at the CLC. The cost is \$40.

Bootcamp Looking for the perfect combination of heart-pumping cardio and intense strength training? This class is it. Bootcamp is designed to push participants harder than they'd push themselves. We want to keep you guessing and challenge you differently every class. We want you to have fun, but be prepared for some high-intensity training! 5:15am-6:00am, Monday-Friday: **April 25- June 17**, Cost is \$40.

Connection

Faith, Friends, and Flip Flops Calling all ladies! Join us for a night of fellowship, games, treats and fun...and wear your flip flops! Friday, **April 29**, 7:00-9:00pm at the Christian Life Center. This event is free, but we will take up a goodwill offering to help cover expenses. No need to RSVP – contact Jenny Neighbour with questions and to **donate prizes** for the event. Neighbour.Jenny@gmail.com or 515.954.6837.

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 guest 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!

NAMI Event You are invited to a free, public event to hear Teresa Bomhoff, President of the National Alliance on Mental Illness (NAMI) of Greater Des Moines, present “A Call to Action For Mental Health Care.” Location: Our Lady's Immaculate Heart Church, 510 East First St., Ankeny, on Tuesday, **April 26**, 7:00-8:30pm. Teresa will share how mental health provider shortages are causing a crisis situation in our community, and solutions that we can address to help alleviate this crisis.

Welcome

Uptown ~ Spirit Alive

April 16, 2016 ~ 5:00pm

WELCOME/*CONGREGATIONAL GREETING

***SING PRAISE TO GOD** “Because He Lives”
“Mighty to Save”

OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

PRAYERS/THE LORD'S PRAYER

OFFERTORY

*DOXOLOGY

SONG OF REFLECTION “Simplicity”

SCRIPTURE John 21:1-14

SERMON “Simplify Your Fears and Failures” Rev. Scott Hibben

***SENDING SONG** “Great Is Thy Faithfulness”

*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: Howie & Christal Munyon **Food Hosts:** Randy & Patty Jackson

Worship Team: Alicia Carlberg, Christine Stone, Sara Tourte

Tech Support: Craig Brown

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

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 Sat. 5:00

Faith Chapel: 9:00 10:30

Christian Life Center: 9:00 10:45

Wednesdays@First

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

How did you hear about Ankeny

First? _____

I would like more information about becoming a member.

April 16/17

In Mission

April Mission of the Month We are planting seeds! *First*, by serving at Agape Garden (located at our Faith Chapel site). Open work days/times: Tuesdays & Thursdays 6:00pm-dusk, and Saturdays 8:00am-noon. *Second*, by giving financially toward scholarships to attend Summer Games University or children's camp. *Third*, by bringing in new or gently used houseware items (NO appliances, please) to the Mission of the Month bins, and then given to Bidwell Riverside.

Ingathering School Bags Are Ready to Sew Enjoy sewing? If so, we need your help sewing those school bags. Pick them up (simple instructions included) at both the CLC and Uptown sites.

Sports/Fitness

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, more action, and equal touches on the ball. 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.ankenyfirst.org/soccer.htm.

Sports Ministry Volunteers Our kids recreational soccer league is the largest sports ministry offering of our church. The past two years, nearly 300 kids have participated! Soccer is open to the community which brings many participants who are not familiar with Ankeny First to us. We need volunteers to coach, welcome/greet, cook/serve hotdogs, coordinate volunteers and more. If interested, contact traci@ankenyfirst.org or sign the Connect Card. The league is held on Monday and Tuesday nights from **May 23-June 28**.

Try Our HIIT (High Intensity Interval Training) at the CLC! HIIT will push you to your max each day in a quick 30-minute workout. HIIT sessions consist of high intensity periods followed by low intensity exercises to recover. We do many variations of HIIT to keep your body guessing each day. Serving as one of the most effective workouts for the busiest of folks and also for those searching to increase the rate of fat-loss, HIIT is a definite must-do. Five days a week (Mon-Fri) from April 25-June 17, 6:00am-6:30am, at the CLC. The cost is \$40.

Bootcamp Looking for the perfect combination of heart-pumping cardio and intense strength training? This class is it. Bootcamp is designed to push participants harder than they'd push themselves. We want to keep you guessing and challenge you differently every class. We want you to have fun, but be prepared for some high-intensity training! 5:15am-6:00am, Monday-Friday: **April 25- June 17**, Cost is \$40.

Connection

Faith, Friends, and Flip Flops Calling all ladies! Join us for a night of fellowship, games, treats and fun...and wear your flip flops! Friday, **April 29**, 7:00-9:00pm at the Christian Life Center. This event is free, but we will take up a goodwill offering to help cover expenses. No need to RSVP – contact Jenny Neighbour with questions and to **donate prizes** for the event. Neighbour.Jenny@gmail.com or 515.954.6837.

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 guest 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!

NAMI Event You are invited to a free, public event to hear Teresa Bomhoff, President of the National Alliance on Mental Illness (NAMI) of Greater Des Moines, present “A Call to Action For Mental Health Care.” Location: Our Lady's Immaculate Heart Church, 510 East First St., Ankeny, on Tuesday, **April 26**, 7:00-8:30pm. Teresa will share how mental health provider shortages are causing a crisis situation in our community, and solutions that we can address to help alleviate this crisis.

Welcome

Faith Chapel ~ Traditional Worship April 17, 2016 ~ 9:00am

PRELUDE

INTROIT Bells of Faith

WELCOME

*CALL TO WORSHIP

*OPENING HYMN “God of Grace and God of Glory” #577

*PRAYER OF CONFESSION

*WORDS OF PARDON AND ASSURANCE

*OUR RESPONSE “Glory Be to the Father” #70

*PASSING OF THE PEACE

ANNOUNCEMENTS

PRAYERS OF THE PEOPLE ~JOYS, CELEBRATIONS & CONCERNS

OFFERTORY Bells of Faith

*DOXOLOGY & PRAYER OF DEDICATION #95

SERMON HYMN “Be Thou My Vision” #451

SCRIPTURE READING Matthew 14:22-23

SERMON “Simplify—Fears and Failures” Rev. Thom Bryant

*HYMN OF DEDICATION “Amazing Grace” #378

*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 & Alene Bailey

Bells of Faith Director: Jan Boehm

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



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 Sat. 5:00

Faith Chapel: 9:00 10:30

Christian Life Center: 9:00 10:45

Wednesdays@First

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

How did you hear about Ankeny

First? _____

I would like more information about becoming a member.

April 16/17

In Mission

April Mission of the Month We are planting seeds! *First*, by serving at Agape Garden (located at our Faith Chapel site). Open work days/times: Tuesdays & Thursdays 6:00pm-dusk, and Saturdays 8:00am-noon. *Second*, by giving financially toward scholarships to attend Summer Games University or children's camp. *Third*, by bringing in new or gently used houseware items (NO appliances, please) to the Mission of the Month bins, and then given to Bidwell Riverside.

Ingathering School Bags Are Ready to Sew Enjoy sewing? If so, we need your help sewing those school bags. Pick them up (simple instructions included) at both the CLC and Uptown sites.

Sports/Fitness

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, more action, and equal touches on the ball. 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.ankenyfirst.org/soccer.htm.

Sports Ministry Volunteers Our kids recreational soccer league is the largest sports ministry offering of our church. The past two years, nearly 300 kids have participated! Soccer is open to the community which brings many participants who are not familiar with Ankeny First to us. We need volunteers to coach, welcome/greet, cook/serve hotdogs, coordinate volunteers and more. If interested, contact traci@ankenyfirst.org or sign the Connect Card. The league is held on Monday and Tuesday nights from **May 23-June 28**.

Try Our HIIT (High Intensity Interval Training) at the CLC! HIIT will push you to your max each day in a quick 30-minute workout. HIIT sessions consist of high intensity periods followed by low intensity exercises to recover. We do many variations of HIIT to keep your body guessing each day. Serving as one of the most effective workouts for the busiest of folks and also for those searching to increase the rate of fat-loss, HIIT is a definite must-do. Five days a week (Mon-Fri) from April 25-June 17, 6:00am-6:30am, at the CLC. The cost is \$40.

Bootcamp Looking for the perfect combination of heart-pumping cardio and intense strength training? This class is it. Bootcamp is designed to push participants harder than they'd push themselves. We want to keep you guessing and challenge you differently every class. We want you to have fun, but be prepared for some high-intensity training! 5:15am-6:00am, Monday-Friday: **April 25- June 17**, Cost is \$40.

Connection

Faith, Friends, and Flip Flops Calling all ladies! Join us for a night of fellowship, games, treats and fun...and wear your flip flops! Friday, **April 29**, 7:00-9:00pm at the Christian Life Center. This event is free, but we will take up a goodwill offering to help cover expenses. No need to RSVP – contact Jenny Neighbour with questions and to **donate prizes** for the event. Neighbour.Jenny@gmail.com or 515.954.6837.

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 guest 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!

NAMI Event You are invited to a free, public event to hear Teresa Bomhoff, President of the National Alliance on Mental Illness (NAMI) of Greater Des Moines, present “A Call to Action For Mental Health Care.” Location: Our Lady's Immaculate Heart Church, 510 East First St., Ankeny, on Tuesday, **April 26**, 7:00-8:30pm. Teresa will share how mental health provider shortages are causing a crisis situation in our community, and solutions that we can address to help alleviate this crisis.

Welcome

Faith Chapel ~ Casual Worship

April 17, 2016 ~ 10:30am

WELCOME

*PASS THE PEACE OF CHRIST

*PRAISE SONGS

ANNOUNCEMENTS & CELEBRATIONS

PRAYERS OF THE PEOPLE/JOYS, CELEBRATIONS, & CONCERNS

OFFERTORY

Kathy Lee & Jessica Schreier

SCRIPTURE

Matthew 14:22-33

SERMON

“Simplify—Fears and Failures”

Rev. Thom Bryant

*BENEDICTION

**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/Visual: Dean Pollpeter Worship Team: Kathy Lee & Jessica Schreier

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

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 Sat. 5:00

Faith Chapel: 9:00 10:30

Christian Life Center: 9:00 10:45

Wednesdays@First

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

How did you hear about Ankeny

First? _____

I would like more information about becoming a member.

In Mission

April Mission of the Month We are planting seeds! *First*, by serving at Agape Garden (located at our Faith Chapel site). Open work days/times: Tuesdays & Thursdays 6:00pm-dusk, and Saturdays 8:00am-noon. *Second*, by giving financially toward scholarships to attend Summer Games University or children's camp. *Third*, by bringing in new or gently used houseware items (NO appliances, please) to the Mission of the Month bins, and then given to Bidwell Riverside.

Ingathering School Bags Are Ready to Sew Enjoy sewing? If so, we need your help sewing those school bags. Pick them up (simple instructions included) at both the CLC and Uptown sites.

Sports/Fitness

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, more action, and equal touches on the ball. 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.ankenyfirst.org/soccer.htm.

Sports Ministry Volunteers Our kids recreational soccer league is the largest sports ministry offering of our church. The past two years, nearly 300 kids have participated! Soccer is open to the community which brings many participants who are not familiar with Ankeny First to us. We need volunteers to coach, welcome/greet, cook/serve hotdogs, coordinate volunteers and more. If interested, contact traci@ankenyfirst.org or sign the Connect Card. The league is held on Monday and Tuesday nights from **May 23-June 28**.

Try Our HIIT (High Intensity Interval Training) at the CLC! HIIT will push you to your max each day in a quick 30-minute workout. HIIT sessions consist of high intensity periods followed by low intensity exercises to recover. We do many variations of HIIT to keep your body guessing each day. Serving as one of the most effective workouts for the busiest of folks and also for those searching to increase the rate of fat-loss, HIIT is a definite must-do. Five days a week (Mon-Fri) from April 25-June 17, 6:00am-6:30am, at the CLC. The cost is \$40.

Bootcamp Looking for the perfect combination of heart-pumping cardio and intense strength training? This class is it. Bootcamp is designed to push participants harder than they'd push themselves. We want to keep you guessing and challenge you differently every class. We want you to have fun, but be prepared for some high-intensity training! 5:15am-6:00am, Monday-Friday: **April 25- June 17**, Cost is \$40.

Connection

Faith, Friends, and Flip Flops Calling all ladies! Join us for a night of fellowship, games, treats and fun...and wear your flip flops! Friday, **April 29**, 7:00-9:00pm at the Christian Life Center. This event is free, but we will take up a goodwill offering to help cover expenses. No need to RSVP – contact Jenny Neighbour with questions and to **donate prizes** for the event. Neighbour.Jenny@gmail.com or 515.954.6837.

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 guest 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!

NAMI Event You are invited to a free, public event to hear Teresa Bomhoff, President of the National Alliance on Mental Illness (NAMI) of Greater Des Moines, present “A Call to Action For Mental Health Care.” Location: Our Lady's Immaculate Heart Church, 510 East First St., Ankeny, on Tuesday, **April 26**, 7:00-8:30pm. Teresa will share how mental health provider shortages are causing a crisis situation in our community, and solutions that we can address to help alleviate this crisis.

Welcome

Christian Life Center ~ Casual Worship

April 20, 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