



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.

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 worship 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: Bridges: Lynne Boldt **Discharged:** Rhonda Alessio

PRESENCE: The following are attendance figures from last week:

WORSHIP: (Online) 103 (Sat CLC) 60 (8:30) 143 (9:45) 116 (11:00) 98 (CLC 9:00) 262 (CLC 10:45) 138 (FC 9:00) 36 (FC 10:30) 14 Total = 970

SUNDAY SCHOOL (Uptown) 73 (FC) 9 (CLC) 120 Total = 202

ASH WEDNESDAY SERVICE: 435

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

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

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

CONNECT

GriefShare Begins Today Sunday, March 8 (This class will take place at our Uptown site in Room 310 beginning at 4:00pm.) GriefShare is a caring, supporting group that will walk alongside you through one of life's most difficult experiences: losing someone you love. Register on our website: www.AnkenyFirst.org. Questions? Dawn Fravel drgreen0811@gmail.com.

Romans by Melissa Spoelstra You simply cannot escape bad news. Amid stories of natural disasters, violence, and conflict, we sometimes forget the most important news of all—that the gospel truths shared with the early church at Rome echo into our day, reminding us that we still have good news to embrace and to share with others. It's not too late to join this women's group on Sunday evenings at 6:30pm in Uptown Room 313.

"Lament"—Lent Sermon Series Groups In our Lent sermon series, we dive head-first into the topic of lament as we explore what it looks like to fully embrace the pain and the scars that we carry. In this season, we will explore what it means not just to cry, but to cry out to the Lord. Find a listing of groups at the Welcome Centers at each site or on our groups page at www.AnkenyFirst.org.

Ankeny First Singles Ministry Team encourages all Christian singles over 30 to join us for fellowship, activities/games, and fun on the third Saturday of every month. We will be meeting from 7:00 to 10:00pm Sat., **March 21**, at JC's Café, located just west of the main Uptown building. Bring a favorite snack to share.

March Blood Drive An hour of your time can save a life. Our last blood drive saw 42 people who were able to donate and save up to 126 lives. What a great way to respond to God's love in our community! Our next blood drive will be on Tuesday, **March 24** at our Uptown location, 2:00-5:45pm. Register at www.lifefervebloodcenter.org. Questions? Contact Judy Ruble, 515.729.9482.

Men's Small Group This is an opportunity for young men and dads to connect and benefit from being a part of a small group. Phil Sherman will lead the group, so please consider this your invitation to join Phil for male-oriented small group discussion, service and even the occasional outing. This group meets Wednesdays at 6:30 in Uptown Room 314. Childcare and children's activities are available during the meeting time. You can reach Phil by phone/text at 515-249-4631 or email at pj.sherm@gmail.com

Adult Sunday School We offer adult Sunday School at our Uptown location at 9:45 each Sunday throughout the year. Join us for engaging conversations as we grow in our faith and become disciples of Jesus Christ. Sunday School rooms are located on the lower level on the north end of the church, below Fellowship Hall.

Men's Vocal Group Those interested in singing with the Men's Vocal Group at the Maundy Thursday Service on April 9 are invited to join Thursday evening rehearsals beginning on March 12 at the Uptown Choir Room, 7:00-8:00pm. Call Don Miller at 515.964.8669 with questions.

Discovery Weekend is an annual retreat, designed to help build upon our Confirmation program. As such, all current confirmands (9th Grade Students) and upcoming confirmands (8th Grade Students) are encouraged to participate on **April 3 beginning at 9:30pm through April 4 ending at 6:30pm!** We will meet and stay overnight at the CLC. The weekend will include worship, learning, service, and fun! To register, visit the registrations page our church website. Contact our Director of Youth Ministry, Dustin.Buell@AnkenyFirst.org with any questions.

Youth Ministry Leadership/Volunteers We are currently building up our volunteer and leadership teams in our Youth Ministry. There are many ways that your talents can be utilized, AND you don't have to be a parent of a youth currently involved. Any and all people who love interacting with youth are welcome to help! Please email Dustin.Buell@AnkenyFirst.org if you are interested!

YOUTH

Opportunities to Respond

A. I would like to help the church in a **NEW** way in the checked ministry area below:

- Worship Arts (anything music, audio/video)
- Worship Hospitality (usher, greeter, welcomer, communion server)
- 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 help out on our Youth Ministry Team.
- I would like to help with the Easter Egg Hunt on April 11.

(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 monthly e-newsletter or our Thursday "This Weekend @First":

E-Mail _____

RESPOND

CONNECT

WORSHIP

OUR METHOD

CONNECT Card

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Sun. 9:00 10:45

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City _____

State _____ Zip _____

Phone _____

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Member/Friend

Guest less than 6 months

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Please put this on our public prayer chain.

Please keep this confidential to pastors and church staff only.

Mar 7/8

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- Fill eggs with child-friendly candy, stickers, etc. at home. Pick up a bag at your worship site.

CHILDREN

Welcome

Uptown Campus—Traditional Worship March 8, 2020—8:30am

PRELUDE

WELCOME / *CONGREGATIONAL GREETING

*CALL TO WORSHIP

*PROCESSIONAL HYMN

"Tis So Sweet to Trust in Jesus" #462 vs. 1-3

*PSALTER Psalm 102:1-17 (from *Psalms for Praying* by Nan C. Merrill)
**"Gloria Patri" #71*

ANTHEM

OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

"Oh Lord, Hear My Prayer" (sing twice)

PRAYERS OF THE PEOPLE / THE LORD'S PRAYER

OFFERTORY

*DOXOLOGY / *PRAYER OF DEDICATION

HYMN OF REFLECTION

"I Need Thee Every Hour" #397 vs. 1-3

SCRIPTURE Numbers 11:10-15

SERMON *"Lament—Having Too Much On Our Plate"* Rev. Angie Loomis

*HYMN OF SENDING *"My Hope Is Built" #368 vs. 1-3*

*BENEDICTION / POSTLUDE

**Please stand in body or spirit.*

Today's Worship Helpers are listed below:

Worship Hosts:

Greeters—Betty Arnold, Kathleen Little, Jim & Judi Logan, Carol Torrents

Ushers—Mary Adkins, John & Dorothy Barnhart, Allaire Jutting, Dana & Becky Lathrop

Organist: Kim Field *Tech Support:* Patrick Cullen, Marc Smith

Liturgist: Rev. Mike Janes *Hymn Leader:* Mike Orthel

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

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Sun. 9:00 10:45

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

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Please select one.

Please put this on our public prayer chain.

Please keep this confidential to pastors and church staff only.

Mar 7/8

RESPOND

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CHILDREN

Welcome

Uptown—Contemporary Worship

March 8, 2020—9:45am

WELCOME

*GATHERING/GATHERING SONG

"Look to the Son"

*CALL TO WORSHIP

OFFERING OUR PRAYERS, PRESENCE, GIFTS, SERVICE & WITNESS

"Here's My Heart"

PRAYERS OF THE PEOPLE / THE LORD'S PRAYER

OFFERTORY "Trust in You"

*DOXOLOGY / *PRAYER OF DEDICATION

SONG OF REFLECTION "More to Come"

SCRIPTURE Numbers 11:10-15

SERMON "Lament—Having Too Much On Our Plate" Rev. Angie Loomis

*SONG OF SENDING "Yes I Will"

*BENEDICTION

**Please stand in body or spirit.*

Today's Worship Helpers are listed below:

Worship Hosts: Greeters—Jack & Linda Alber, Gary & Nancy Langwith, Andrew Sleiter

Ushers—Tony, Jana, Bailey, Blake & Brooke Rhoads

Tech Support: Todd Gilpin

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
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CHILDREN

Welcome

**Christian Life Center
Contemporary Worship
March 8, 2020—9:00 & 10:45am**

*PRAISE

PRAYER

CHILDREN'S TIME

OFFERING OF OURSELVES

SCRIPTURE

Numbers 11:10-15

SERMON

"Lament—Having Too Much On Our Plate"

Rev. John Wagner

*CLOSING SONG

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*"Gloria Patri" #71

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Tech Support: Sherill Marske, Brett Pike

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Guest less than 6 months

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Mar 7/8

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Welcome

**Christian Life Center
Contemporary Worship
March 7, 2020—5:30pm**

*PRAISE

PRAYER

OFFERING OF OURSELVES

SCRIPTURE

Numbers 11:10-15

SERMON

"Lament—Having Too Much On Our Plate"

Rev. Angie Loomis

*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

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Sun. 9:00 10:45

Please update the following:

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Names and grades of children in attendance: _____

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CHILDREN

Welcome

Faith Chapel—Traditional Worship

March 8, 2020—9:00am

PRELUDE "Jesus Keep Me Near the Cross" [arr. Kinyon] Bells of Faith

WELCOME

ANNOUNCEMENTS

*CALL TO WORSHIP

*OPENING HYMN "Out of the Depths I Cry to You" #515

*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 "Give Me Jesus" [arr. Orthel] Bells of Faith

*DOXOLOGY / PRAYER OF DEDICATION #95

SERMON HYMN "Precious Lord, Take My Hand" #474

SCRIPTURE Numbers 11:10-15

SERMON "Lament—Having Too Much On Our Plate" Pastor Lewis Cox

*HYMN OF DEDICATION "I Need Thee Every Hour" #397 vs. 1-3

*BENEDICTION/BENEDICTION SONG

**Please stand in body or spirit.*

Today's Worship Helpers are listed below:

Audio/Video: Dean Pollpeter Keyboard: Kay Riggins

Bells of Faith Director: JoAnn Orthel

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

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Please update the following:

Name _____

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CHILDREN

Welcome

Faith Chapel—Casual Worship

March 8, 2020—10:30am

WELCOME & ANNOUNCEMENTS

*GREETING OUR NEIGHBORS

*PRAISE SONGS

PRAYERS OF THE PEOPLE/JOYS, CELEBRATIONS, & CONCERNS

OFFERTORY

"Worn"

SCRIPTURE

Numbers 11:10-15

SERMON

"Lament—Having Too Much On Our Plate"

Pastor Lewis Cox

*BENEDICTION

**Please stand in body or spirit.*

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Audio/Visual: Dean Pollpeter

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Join Us for Saturday Night Worship Our Saturday night worship service (held at the Christian Life Center) starts at 5:30pm. For those who would like an evening meal as well, join us before worship for pizza and fellowship from 5:00 to 5:30pm. Worship begins at 5:30, followed by Road of Recovery and other small groups at 6:30pm for anyone who wants to stay. This is a great worship option for anyone who loves our contemporary worship style.



Vacation Bible School Registration Is Now Open Come on a Rocky Railway adventure with us! Kids will discover that Jesus' power helps us through difficulties and challenges. This year's VBS will include Bible Adventures, Sing & Play Express Music, recreation, Critter Creation crafts, KidVid Cinema—and much more! Register by June 7. Late registrations will be \$30 per child and only if space is available.

- Evening VBS – June 14-18 (6:00-8:30pm)
- Morning VBS – June 15-19 (9:00am-12:00 Noon)
- Cost: \$20 (includes music CD, t-shirt, crafts, and snacks)
- Ages/Grades: Please register your child for the grade he/she is in for the 2019/20 school year. Three-year olds must be three by September 15, 2019.



Easter Missions Offering You will soon receive our annual Easter Missions mailing (if you haven't already) explaining where this special offering has been designated this coming Easter. Here's a quick recap:

- AMOS (A Mid- Iowa Organizing Strategy) will receive \$2,000. This organization is concerned with social justice and getting to the root cause of problems in our community. To learn more about AMOS, visit <https://www.amosiowa.org/>. Additionally, join their next day at the Capitol on March 11 working with legislators to help fund better mental health care in Iowa. RSVP to Connie McKeen at cmckeen@g.comby as soon as possible. Help spread the word! Everyone is welcome. No experience is necessary. Join us all day or from 8:00-11:30am or 11:30am-3:00pm.
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- Spark for 6th-8th graders: 6:00-6:45pm at the CLC
- Ignite for 9th-12th graders: 7:30-8:30pm at the CLC
- There is a meal from 6:45-7:15pm for 6th-12th graders—\$3/person
- Stay connected by joining our Facebook group, Youth@first. Prefer Instagram? Follow @ankeny_first_youth.
- Text "youth" to 515.525.8370 to get all updated youth communications!

Al-Anon

Mondays, 7:00pm, Upt Rm 314

AA

Men's Grp, Tues, 6:00pm, CLC Rms 103-104
 Wednesdays, 8:00pm, Upt Rm 314
 Fridays, 6:00pm, Upt Rm 314
 Saturdays, 6:30pm, Upt Rm 314
 Wednesdays, 6:00pm, CLC Rms 103-104
 Questions? Steve Eckardt 490-5263



Our Stephen Ministers' Christ-centered goal is to help someone going through a crisis. Crises could include serious illness, job loss, death of a family member or friend, divorce, etc. Contact Rhonda Alessio for more information or if you or a friend are in need of Stephen Ministry, 964.4249.

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Scripture: Numbers 11:10-15
Sermon: “Lament—Having Too Much On Our Plate”

Sermon Questions

1. When you feel overwhelmed or like you have too much on your plate, what do you do?
2. Is it difficult to trust that God will provide for us tangible nourishment in the midst of our chaotic life? If so, why is it difficult to believe that?
3. What do you wish you could say to God at this moment?

We’re glad you worshipped with us today!

Join us next weekend as we continue our Lent sermon series, “Lament.”



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- Many “burdens”
- Alone
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