



Ascension
LUTHERAN CHURCH
ELCA
September 2015

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THE *Ascension* NEWSLETTER



Ascension
LUTHERAN CHURCH
ELCA



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www.ascensionelca.org



1415 Dopp Street
Waukesha, WI 53188



MONDAY - THURSDAY

9 a.m. - 5 p.m.

FRIDAY

9 a.m. - 3 p.m.

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Pianist

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Organist

Rhonda Kwiecien
Rhonda@ascensionelca.org

SO MUCH TO CELEBRATE! COME AND SEE!

If you have not heard the shouts of joy coming from the rooftop of Ascension, let me share the good news. At the end of July, our mortgage balance finally found life under the \$800,000 mark. In 2011, we began the journey of debt reduction with more than \$2,200,000. It has been a long journey to this moment, but God has been faithful to us! We give thanks and praise to God for the faithful hearts the Holy Spirit continues to shape within each of you to eliminate the power our mortgage debt holds over Ascension.

We are quickly approaching our fall programming. Sept. 6 welcomes a new Sunday morning worship schedule with the movement of our 9 a.m. service to an 8:30 a.m. start time. Our 10:45 a.m. service remains the same. On Sept. 6 at 10:45 a.m., we will worship outside in the Memorial Gardens to celebrate the beauty of God's creation. Please joins us. On Sept. 13, we kick-off our new Children's Ministry programming, which begins at 9:45 a.m. under the ministry umbrella of Tony Acompanado, Director of Faith Formation. We are retiring the legacy of the title *Sunday School* from our ministry at Ascension and using the title *Children's Ministry*. We celebrate the strong energy of volunteers who are coordinating, teaching, storytelling, and helping to shape the fall ministry experiences for our children. Where can you serve? Email Tony, Tony@ascensionelca.org, and he can share a number of short-term or one-time opportunities in which you can be involved to share the gifts God has given you.

We are also re-introducing pastor-led Adult Education on Sunday mornings. On Sept. 13, Tony will share the scope of Faith Formation and the new path for Children's Ministry. Beginning on Sept. 20, Pastor Angela kicks off our six-week Small Group Campaign, *Engaging Scripture Through a Lutheran Christian Lens*. I am especially excited to have Ascension offer a pastoral perspective on reading, studying, and interpreting the Bible and then to have small groups dig deeper each week of the campaign. In early November, I will offer three Sundays of education on the book of Luke, which will be our primary preaching text for Dec. 2015–Nov. 2016. There is so much more already being planned and I am excited!

Our Music Ministry is preparing to *make a joyful noise* in new ways this fall. Please consider taking a *leap of faith* by joining the choir or ringing a bell. Do you play an instrument? Then, Vicki Taylor, Director of Music Ministries, would love to talk with you about sharing your gift in worship. We are always happy to add communion assistants, readers, ushers to our ministry volunteer lists and we are happy to train you.

Pastor Chris Marien

Mission Outreach is preparing to offer a wonderful resource and connecting point for members and visitors to share in hands-on ministry outside our church walls. Interested? Keep watching the e-alerts and Facebook for more information. Caring Relationships continues to tend to the connection points in our lives. GriefShare, DivorceCare, and DivorceCare4Kids are all beginning on Sept. 1. These programs offer support structures for people working through some of the most difficult times in their lives. If you know someone suffering through grief or in the midst of divorce, please reach out to Brenda Lytle, Director of Care Ministries, Brenda@ascensionelca.org.



A new member experience called Starting Point begins Sept. 27. I am excited to get to know those who are considering Ascension for their new spiritual home.

And just when it is time for a deep breath – ARISE 2025 is coming together in great ways. The Church Council and ministry leaders have been working on our 2025 vision since last February. We are very excited to watch God shape the years ahead. The council has done much of the behind-the-scenes work and will be ready for the congregation to share in the joy on Sunday, Sept. 27, for a first-round listening/sharing session. The council will revise the visions using comments from the congregation and then be ready to share again at a listening/sharing session on Oct. 25. Finally, with more revision by council, we will hold an unveiling/blessing/acceptance by the congregation at our Annual Meeting on Nov. 8. What a joy to trust in God's guiding hand.

Finally, on Sept. 13 and 20, we invite everyone to wear nametags to help all of us get to know names and faces – reminders are always a good thing! Speaking of faces, the photo directory is off and running. Have you had your picture taken and updated your information? We are doing the pictures/directory in-house. No pictures to buy! This directory is all about bringing our community together and celebrating the community God has created at Ascension in this time and place.

So much to celebrate! Come and see!

LISTEN, GOD IS CALLING

Pastor Angela Khabebe

Recently, someone asked me what the word vocation means. My initial thought is a call from God. God's word is brimming with call stories. For example, God extended the priestly call to Samuel in an audible voice when Samuel was just a little boy (1 Samuel 3). God called Queen Esther to perilous heroism through the urging of Mordecai, her adopted father. She was called to risk her life to save God's people (Esther 4:12-15). In the Gospels, we witness Jesus personally calling his disciples by interrupting their daily routines (Matthew 4:18-22, Luke 5:1-11). God sent the angel, Gabriel, to proclaim to Mary that she would carry the Savior of the world (Luke 1:26-38).

Webster defines vocation as *1 a: a summons or strong inclination to a particular state or course of action; especially: a divine call to the religious life ... 2 a: the work in which a person is employed: OCCUPATION.*

Defining vocation is helpful because, in many segments of our North American society, our careers are closely linked with our identities. Often, it is necessary to remind ourselves that what we do is not the totality of who we are. For instance, my three primary vocations are that of wife, mother, and pastor. Yet, I cannot be fully encapsulated in either one - or all three for that matter. It's no wonder that our vocations can often overlap and seemingly compete. Let's take a closer look...

Earning a living: What we are paid to do

Many of us work to earn a living. Our vocation is our job - the way we make ends meet. We go to work day after day, not because we necessarily want to, but because we have to. We are motivated by simple economics or even basic survival. Sadly, even though we benefit monetarily, we may be depleting our joy reserves. What we gain in financial security, we may be sacrificing in personal fulfillment.

Finding fulfillment: What we love to do

Perhaps you have heard some version of the old adage "Do what you love and then find a way to get paid for it." Some of us may have the joy of finding fulfillment through our careers. But for many, this is not the case. Fortunately, in these situations, we can turn to our avocation. According to Webster, *avocation* is "a subordinate occupation pursued in addition to one's vocation especially for enjoyment: hobby." If you love to garden, get your hands in the earth. If you love to run, lace up your shoes and hit the pavement. If you love to write, open your journal and get busy! As we increase

our joy and our sense of fulfillment, our spiritual senses will sharpen. Then we will be in a better position to hear God's voice.

Hearing God's voice: What we are called to do

The words *vocation*, *avocation*, and *voice* share the same Latin root, *vocare*, which means to call. Certainly, most of us have not heard the audible voice of God calling to us in the middle of the night. Nor have many of us received a visit from an angel or a personal invitation from Jesus compelling us to immediately leave our occupations. However, even without such supernatural experiences, we are no less called than Mary, Esther, or Paul. Yes, we are called. We are called through our baptism.

Our baptismal call

Through baptism, we become children of God. The language of the baptismal rite is clear, "You belong to Christ, in whom you have been baptized." At the font, the pastor traced the cross on our foreheads and proclaimed, "You are sealed by the Holy Spirit and marked with the cross of Christ forever."

Through baptism, we receive the Holy Spirit. The Holy Spirit serves to empower us to live into our baptismal call. We are called to trust God, proclaim Christ, care for others, God's creation, and work for justice and peace.

Vocation is the place where our deep gladness meets the world's deep need.

~ Frederick Buechner

Wake up! Get up! And SHINE!

Perhaps our most challenging vocation is for us to simply be - ourselves. I'm not merely talking about finding your talent and sharing it with the world. Discovering our gifts and talents is admirable and even vital, but how can we use our gifts to reflect God's glory. Isaiah extends a call to God's people in exile, "Arise, shine; for your light has come, and the glory of the Lord has risen upon you" (Isaiah 60:1). I am thoroughly convinced that this vocation extends to us as well: Wake up. Get up. And SHINE! This calling connects us to the baptismal waters where we initially received our vocation. Perhaps this is why, after baptism, we are given a candle with these words, "Let your light shine before others that they may see your good works and glorify your Father in heaven." So, whether we are pastor or parishioner, mother or mogul, single or spouse, wealthy or wanting, God is calling us to a bold vocation: Wake up. Get up. And SHINE!

Prayer

Glorious God, you shower your glory upon us. Strengthen us to rise up and walk in your radiance. Awaken a new boldness within us so that we can live into our authentic selves and shine forth your glory. In Jesus name, AMEN.

YOUR COUNCIL AT WORK

Nada Draeger, Council President

At September's council meeting, Pastor Chris led devotions, and Tony Acompanado gave updates about the new Children's Ministry structure, which has received positive reactions from parents, teachers, and congregation members. Matt Johnson and Peter Laper gave us an overview of our budget process. A committee has formed to plan and strategize the 2016 budget to be presented at the November Annual Meeting. Updates will be given to council for evaluation and input. Craig Greenwood worked with us on the next Arise 2025 step. Pastor Chris [Spiritual Growth] and Amy James [Joyful Worship] presented their respective wings' *Current State*, *Envisioned State*, and action plan. Next month, Caring Relationships and Mission Outreach will present.

In the coming weeks, there will be opportunities for you to be involved in the many ministries that Ascension has to offer. I encourage each of you to listen to that small voice within each of us and respond to what calls to you. Maybe it is a council position; maybe it is to be a part of a stewardship drive; or to join Handbell Choir. It would be wonderful if each church member could share a piece of themselves. Each of us has gifts that our God has given us and they are meant to be shared with one another.

We can all be angels to one another. We can choose to obey the still small stirring within, the little whisper that says, Go, Ask, Reach out. Be an answer to someone's plea. You have a part to play. Have faith. The world will be a better place for it. And wherever they are, the angels will dance. ~ Joan Wester Anderson

Think about it.



FALL OFFICE HOURS

Amy Gilgenbach, Director of Administration

Beginning the week of Aug. 31, our office will be open 9 a.m.-5 p.m. Monday-Thursday and 9 a.m.-3 p.m. on Friday.

We're also beginning a new schedule to accommodate shifting job responsibilities of our office administrators. Amy Stryker, Administrator for Joyful Worship and Spiritual Growth, will work Monday-Friday, 9 a.m.-2 p.m. or 3 p.m., and Kate Mattson, Administrator for Caring Relationships and Mission Outreach, will work afternoons Monday-Wednesday.

E-alert and bulletin announcements should be sent to Director of Administration Amy Gilgenbach, admin@ascensionelca.org, by Tuesday at noon. Website updates and newsletter articles should still be sent to Kate at kate@ascensionelca.org. Newsletter articles are due by 9 a.m., on the 15th of the month prior. (October articles are due Tuesday, Sept. 15, 9 a.m.).

We are also looking for a weekly office volunteer for reception support and computer work. Please contact Amy Gilgenbach if you can help.



NEW MEMBER CLASS

Interested in deepening your relationship with Ascension? Please consider becoming a member and attending our fall new member class, Starting Point, between services on Sept. 27. Register online at tinyurl.com/AscensionNewMembers or by calling the church office, 262-547-8518.

PASTORAL ACTS

Baptisms

August 9 Isaac Fellin

Weddings

August 15 Janell Fuchs and Scott Camara

Funerals

July 25 Beverly Zink





PHOTO DIRECTORY

Have you made an appointment to have your family's picture taken for Ascension's photo directory? Pictures are currently being taken on Sunday mornings until Oct. 18. Sign-ups continue on Sunday mornings before and after both services, so stop by the registration table and make your appointment!

You can also register at tinyurl.com/Ascension-SignUps. We appreciate your advance registration for a time slot, which makes the process easier for your family preparations and makes it possible for us to plan accordingly for the number of photographers and registration volunteers on handed.

For those of you who may have a family photo and would like to forego having a photo taken by our Ascension photographers, you may

Linda Elder, Communications Leg Leader

submit your photo via email to Amy Gilgenbach, admin@ascensionelca.org. Photos must be in high quality JPEG format and are subject to church approval. We respectfully request that no family pets be included in your picture. Due to copyright laws, pictures taken by a professional photographer cannot be submitted. Please submit a picture of your family in appropriate attire with all faces visible. Photos should be current or no more than six months old.

If submitting your photo via email, please include the following information: family members' names, address, city/state/zip, phone (home and cell), and email address.

Questions? Please contact Linda Elder, 262-650-9182 or labs4fun@wi.rr.com.



FINANCIAL REPORT

June 30, 2015 Year to Date

General Fund Activity					
Item	2015 Actual	2015 Plan	Variance to 2015 Plan	2014 Actual	Variance to 2014 Actual
Income					
Contributions	\$314,960	\$343,500	\$(28,540)	\$340,547	\$(25,587)
Rent, Interest, & Other Income	\$28,866	\$30,825	\$(1,959)	\$30,992	\$(2,126)
From Restricted Funds	\$35,856	\$34,714	\$1,142	\$2,383	\$33,473
Total Income	\$379,682	\$409,039	\$(29,357)	\$373,922	\$5,760
Expenses					
Communications	\$13,464	\$12,050	\$(1,414)	\$14,988	\$1,524
Facilities	\$78,226	\$88,315	\$10,089	\$92,547	\$14,321
Financial Development	\$48,610	\$48,661	\$51	\$48,648	\$38
Leadership Development	\$951	\$1,400	\$449	\$3,087	\$2,136
Administration	\$130,853	\$130,318	\$(535)	\$97,695	\$(33,158)
Caring Relationships	\$13,169	\$13,047	\$(122)	\$11,517	\$(1,652)
Joyful Worship	\$51,320	\$48,494	\$(2,826)	\$30,397	\$(20,923)
Mission Outreach	\$27,483	\$29,270	\$1,787	\$29,388	\$1,905
Spiritual Growth	\$37,668	\$47,541	\$9,873	\$41,349	\$3,681
Total Expenses	\$401,744	\$419,096	\$17,352	\$369,616	\$(32,128)
Surplus/(Deficit)	\$(22,062)	\$(10,057)	\$(12,005)	\$4,306	\$(26,368)
Mortgage Balance	\$826,058				
Restricted Funds Balance	\$152,461				
General Fund Balance	\$(14,431)				
Ascension Arise Contributions	\$58,469				
Restricted Contributions	\$32,328				

What the numbers mean:

- Our general contributions are 8% behind plan for 2015, and they are 7.4% behind 2014 actual.
- Our bottom line is \$16,393 behind plan.
- Our general fund balance is currently at a loss of \$26,952.

MUSIC MINISTRY: SHARE YOUR GIFTS

Music is a gift God gives to each of us! This gift cannot be returned for credit or exchanged for a different color or size - it can only be expressed and used by each individual. I encourage and warmly invite you to unwrap your musical gift and participate in the life of the church by joining in one of Ascension's many musical opportunities. Please email Vicki@ascensionelca.org or call 262-547-8518 for more information or to join.

ANGEL CHOIR

Thursdays, 5:15-5:45 p.m., starts Sept. 17
Grades K-3

Sings in worship approximately once/month (either 8:30 or 10:45) and at selected special services. Angel Choir participants will learn to ring handchimes and play instruments.

JOYFUL SOUNDS CHOIR

Thursdays, 5:45-6:30 p.m., starts Sept. 17
Grades 4-9

Sings in worship once/month (either 8:30 or 10:45) and at selected special services. Joyful Sounds participants will learn to ring handbells.

NEW THIS YEAR! - HANDBELL WORKSHOP

Thursdays, 6:30-7:30 p.m., Sept. 17-Oct. 8
(4 weeks)
6th grade-Adult

Absolutely no experience necessary in ringing or reading music! This is for you if you have

always wondered what ringing handbells is all about. You will learn to ring handbells and read a musical score during this four-week, cross-generational workshop.

HANDBELL CHOIR

Wednesdays, 6-7:15 p.m., starts Sept. 2
High School-Adult
Rings approximately once/month and at special services.

ASCENSION CHOIR

Wednesdays, 7:30-8:45 p.m., starts Sept. 2
High School-Adult
Sings in worship three times/month and at most special services.

FOLK CHOIR

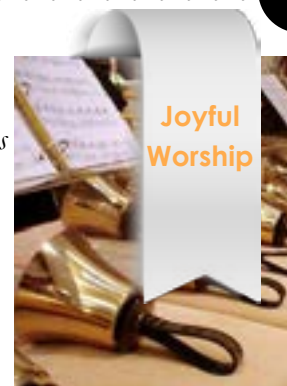
One Saturday/month, 10:30 a.m.-12 p.m.
Singers and instrumentalists of all ages.
Leads folk liturgy one Sunday/month.
Leader: Ray Kinney, raywk2003@yahoo.com

ASCENSION PRAISE BAND

One Sunday rehearsal/month, 12-1:30 p.m.
Singers and instrumentalists lead 10:45 worship on a weekly basis.
Leader: Ben Janzow, Ben_Janzow@yahoo.com

INSTRUMENTS IN WORSHIP

Contact Vicki Taylor, Vicki@ascensionelca.org, if you are willing to offer your instrumental talents to enhance worship.

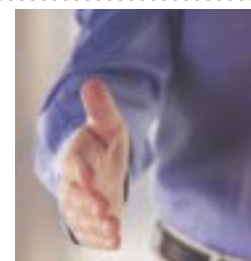


GREETERS

Providing a friendly welcome to visitors, guests, and members is a vital link in church growth and continued involvement of people in worship and events. As illustrated in Jesus' words to His disciples in Matthew 10:4, "Whoever welcomes you, welcomes me, and whoever welcomes me, welcomes the one who sent me," Jesus considered welcoming each other a very important gesture.

We have had a willing group of volunteer greeters during 2014 and 2015. We extend our thanks to them for their help in sharing and making Ascension's hospitality possible.

Please call if you want to join the Welcoming Team: Mary Thorp (8:30 a.m. service), 262-574-5153, or Sue Matthews (10:45 a.m. service), 262-544-1461.





CHILDREN'S MINISTRY UPDATE

Tony Acompanado, Director of Faith Formation

Ascension's Children's Ministry has undergone an exciting transformation over the summer and we invite you to partner with us on this new journey in faith formation. Beginning Sept. 13, Sunday morning Children's Ministry is from 9:45-10:35 a.m. Online registration for three-year-olds through 5th grade is now open: tinyurl.com/AscensionEducationFall2015.

We are thrilled to be utilizing a new curriculum from SPARK and are confident everyone will love it. This year promises to be full of active learning that engages all the senses and helps children and parents *experience* faith rather than just hear about it.

Along with these exciting changes, I am looking for people to be a part of the Children's Ministry Team. Do you like children? Do you like to have fun? Do you love God? Then, you have all the qualifications necessary to join our Children's Ministry Team! We are in need of teachers to co-teach, classroom helpers, storytellers, project helpers, musicians, and more.

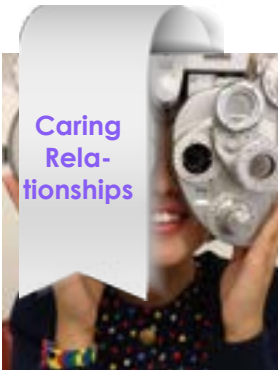
For more on what's to come, catch our Faith Formation Focus updates each week in worship, and if you have questions, contact Tony Acompanado in his new role as Ascension's Director of Faith Formation, Tony@ascensionelca.org or 262-547-8518.

CRASH

Sept. 13, 5-6:30 p.m.
CRASH Kick-Off
Sept. 20, 6-8 p. m.
Youth Group
Sept. 27, 6-8 p.m.
Youth Group

JOLT

Join Pastor Chris and Tony on Sunday, Sept. 13, from 3:30-5 p.m. as they share all the exciting things in store for JOLT students, including fun events, service opportunities, and the always amazing Adventure Camp. Other topics that will be covered include: student and family expectations, schedule, registration, fees, and more. If you have questions please contact Tony Acompanado, Director of Faith Formation, tony@ascensionelca.org.



SMALL GROUP MINISTRY FALL CAMPAIGN 2015

Pastor Angela Khabeb

ENGAGING OUR LUTHERAN LENS: HOW LUTHERANS INTERPRET THE BIBLE

Ascension's 2015 Fall Campaign will focus on engaging scripture through a Lutheran lens. As Lutherans, we have wonderful gifts to offer the body of Christ. We are excited to engage the sacred texts with a prominent Lutheran theologian. Dr. Mark Allan Powell is a Lutheran pastor and Bible professor at Trinity Lutheran Seminary, Columbus, Ohio. In this six-week video series, Powell invites us to explore important questions about Lutherans and the Bible. He does not prescribe *the Lutheran way* to read the Bible, nor does he dismiss the way you may have come to understand the Bible. Instead, Powell presents a variety of Lutheran perspectives for interpreting the Bible. Through Powell's rich discussions, we will discover answers to questions we have about the Bible.

Our small group kick-off begins the week of Sept. 20. Our Lutheran Lens Bible Study will culminate with a special worship service on Reformation Sunday, Oct. 25.

Current small group leaders and those interested in leading a new group should contact Pastor Angela at pa@ascensionelca.org; sign up online at ascensionelca.org/events/small-group-fall-2015-churchwide-bible-study/; or at the welcome center. Materials for your group will be available shortly. New leaders, please contact Pastor Angela if you would like to participate in a small group leader training session!

CARE MINISTRIES: NEW FALL PROGRAMS

Brenda Lytle, RN, Director of Care Ministries

The great thing in this world is not so much where we stand, as in what direction we are moving...we have some wonderful programs beginning in Care Ministries this fall.

GRIEFSHARE BEGINS AGAIN ON SEPT. 1

We are providing an adult grief support group at Ascension. This program is for those that have suffered significant loss and features Biblical concepts for healing from grief through a DVD series, workbook, and support group. This program will begin on Tuesday, Sept. 1, from 6-8 p.m., in the Ascension Youth Room. We will meet weekly for 12 weeks through Nov. 17. The cost of the program is the cost of the workbook which is \$15. Pastor Angela Khabeb will facilitate the GriefShare group this fall. If you are interested in attending GriefShare, complete the forms online at tinyurl.com/AscensionGriefShare and bring the \$15 workbook fee to the first session.

NEW DIVORCECARE PROGRAM FOR ADULTS & CHILDREN ON SEPT. 1

We are hosting a DivorceCare group at Ascension. This program is for those that have experienced divorce and features biblical concepts for hope and healing through a DVD series, workbook, and support group. This new program begins Tuesday, Sept. 1, from 6-8 p.m., in Room 107. We will meet weekly for 12 weeks through Nov. 17. The cost is \$15 for the adult workbooks.

Kathy Kuhn will facilitate the adult DivorceCare group. She has expertise with many types of groups and was the program director for Healing Hearts of Waukesha County. She brings special sensitivities and understanding to her interactions with those who have experienced difficult times. She is well-known in our community for working with healing and recovery.

Pamela Hamm will facilitate the DivorceCare 4Kids (DC4K) program this fall for children 5-to 12-years-old. Pam was an RN at Children's Hospital of WI. She is a certified yoga instructor and is a psychotherapist. She is sensitive to those experiencing stressful situations and will use mind and body relaxation techniques to help reduce anxiety. The children's program has been funded by our Adopt A Kid promotion at Ascension; therefore, the costs are covered for children participants.

Brenda Lytle, RN and Director of Ascension's Care Ministries will support the start-up and assist all of these programs on Tuesday nights. Our program will also offer free childcare for children under five-years-old. If you or someone you know could benefit from these programs, please access the forms online at tinyurl.com/AscensionDivorceCare and tinyurl.com/AscensionDC4K. Questions? Please feel free to call and talk to Brenda Lytle, 262-547-8518.

MEALS NEEDED

Meals for our GriefShare, DivorceCare, and DC4K groups will be provided by Ascension small groups and ministries. The meals will be served in West Hall and will be from 5:30-6 p.m. Participants are able to come for these meals and enjoy sharing mealtimes with friends! We are still in need of small groups or Ascension ministries that would like to sponsor a meal for these families. Please sign up on the Care Ministries bulletin board. Thank you!





MILITARY MINISTRY

Ascension's Military Ministry is gearing up for the fall and will begin collecting items for military care packages. We will collect items Sunday, Sept. 27-Oct. 11. Boxes will be packed on Tuesday, Oct. 13. A list of items for collection will be available by the collection bin. If you have an immediate family member serving our country, please let us know so we can include them in our mailing.

We are also continuing to help properly dispose of tattered or old flags. There is a black crate in West Hall, by the other collection bins, to place the flags.

If you have further questions or would like more information contact Sheri Greger, sheri_frogs@yahoo.com or 262-424-6219.



ARE YOU IN THE HOSPITAL?

If you are in the hospital, please sign in and/or contact Ascension's office to let us know; otherwise, the pastors and pastoral assistants will not know to visit. Even if you inform the hospital that you are member of Ascension, the hospital will not alert Ascension because of HIPPA laws. We want to support you, visit you, and pray with you. You can contact the Ascension office at 262-547-8518.

RESPIRE MINISTRY

Nada Draeger has resigned her position as the leader for Respite Ministry due to increasing family responsibilities. Our thanks are extended to Nada for her leadership and passion for Respite Ministry. We appreciate everything she has done to get this ministry started and prayers are extended for her and her family. Brenda will connect with the respite volunteers and discuss options for moving forward, possibly combining some of this ministry with Touch A Heart Ministry.

BLOOD PRESSURE

Blood pressure screenings are back this fall, between services, in the Hearth Room.

Anyone interested in helping, please contact Brenda Lytle at Brenda@ascensionelca.org.

September 20
October 18
November 15
December 6
January 3

February 21
March 13
April 3
May 1



YOGA

Yoga begins Oct. 19! Sign up today!

Looking for a fun, healthy, and affordable way to increase flexibility, relieve anxiety and stress, and improve your mind, body, and soul? Join us for yoga classes that begin Oct. 19 through Nov. 23, in East Hall - only \$12 for the six-week session. YMCA Instructor Jessica Popp will be teaching. Sign up on the Care Ministries bulletin board and bring a yoga mat and your fee to the first night of class. Some mats will also be available. We hope to see you there!

*Commit to the Lord whatever you do, and
your plans will succeed.*

~ Proverbs 16:3

KNIT WITS

Like everyone else, the Knit Wits are preparing for a busy fall and winter season. We continue to make hats and scarves for Cross Lutheran Church, Hope Center, the Salvation Army, Hebron House, and the Waukesha Christmas Clearing Council. We'll start delivering our stash to them again in November and will continue through winter.

We've also started working with the VA hospital in West Allis, making lap afghans for the veterans there. We work with the USO of Wisconsin (in Milwaukee), and, per their request, we're supplying baby blankets, hats, and other items for new military moms. We have also *adopted* a veteran's family from Ascension and are assisting them with childcare and meals when needed.

We'd like to thank everyone for your continued support and generosity. We have received several generous donations this past year and several tips on fantastic yarn rummage sales. Our yarn stash is overflowing now!

Upcoming calendars items include:

- Wednesday, Sept. 2, noon–3 p.m.: Lunch & Knit at Broadway Café, 500 E Broadway St., Waukesha
- Thursday, Sept. 10, 6:30-8:30 p.m.: Meeting at Ascension
- Saturday, Sept. 19, 9 a.m.-4 p.m.: Knit Fest at Ascension
- Monday, Sept. 28, 6:30-8:30 p.m.: Meeting at Ascension
- Saturday, Oct. 17, 9 a.m.-4 p.m.: Knit Fest at Ascension

Our primary purpose is to foster fellowship and friendship among our members. Our mission is to help keep the less fortunate warm, one stitch at a time; therefore, we make hats, lapghans and other items for charity. Stop by, and join us some time.



SUPERMOMS

Want to know more about Ascension's Supermoms? Want to get involved? Then join us at the next Supermoms general meeting on Saturday, Oct. 10, at 8:30 a.m., at Starbucks, 21481 Highway 18 (East Moreland and Parklawn), Brookfield 53186. You don't have to be a *mom* to be part of this awesome group! Aunts, grandmas, great-grandmas, sisters, nieces, girlfriends... ALL ARE INVITED!



YOUNG AT HEART

Our Young at Heart breakfast is planned for Wednesday, Sept. 2, at Denny's restaurant, on Grandview Blvd., Waukesha. We meet at 9 a.m. for a great breakfast and great company!

Our September potluck luncheon is Wednesday, Sept. 16, at noon, in East Hall. If you are able, bring a dish to pass. We will have lunch and then play games. Come when you can; leave when you must. Questions, contact Celeste Defenbaugh, 262-370-4522.

*Even to your old age I am God, and to gray hairs
I will carry you. I have made, and I will bear; I
will carry and will save.*

~ Isaiah 46:4



A TASTE OF THE DANIEL PLAN

Steve and Carol Spieker

Happy New Year! That may sound like a strange thing to say this time of year, but for us, each September seems like a whole new beginning at Ascension. It's like the feeling we get when we hang up a new calendar in January. As hard as we try, somehow it seems like our focus during the summer months shifts away a little bit from our faith life. As Wisconsin-ites, we feel compelled to cram as much as possible into those three summer months. When September comes, we pack away our summer toys, and things ramp up at church again. It is a chance to re-focus.

The word *focus*, one of the five essentials taught in The Daniel Plan, makes us think of an anecdote that Rick Warren shared in his video series. He speaks about the care of peach trees paralleling our lives. When peach trees grow, they are filled with an abundance of small peaches that result from all the spring blossoms. In order to end up with a successful peach harvest, growers must prune the majority of the small peaches so the tree has enough energy to mature the remaining peaches.

People's lives today are much like the peach trees early in the growing season. They are weighed down with so much superfluous *stuff* (small peaches) they really don't have the time and energy to accomplish anything well. Rick Warren says, "The secret to an effective life is focus. Don't try to do fifty things you dabble in. Know what's important and do those things." In other words, prune your peach tree and reap a bountiful harvest!

This time of year seems like a good time to encourage you to take stock of what's going on in your life and consider pruning some peaches. We believe the health of your mind, body, and spirit should be your first priority. Good health gives you more energy and a positive attitude to be a better parent, spouse, friend, and servant.

To assist you in reaping your own bountiful harvest, plans are now underway to start another The Daniel Plan small group in late October. Investing a few weeks in this study can get you on your way to a healthy new you. What would it be like to feel better, be more energetic, have a more positive attitude and a deeper relationship with God? If you have questions or are interested in joining this new group, feel free to e-mail us at cspieker@budgetblinds.com.

SPICED PECANS

Ingredients:

¼ c Coconut Sugar

½ tsp Cinnamon

½ tsp Sea Salt

1 Egg White

½ tsp Cold Water

½ tsp Raw Honey (or Coconut Nectar)

½ lb Raw Pecan Halves

Organic Butter (preferably Kerrygold Butter)

Preparation:

1. In a small bowl, mix coconut sugar, cinnamon, and sea salt together and set aside.
2. In a medium bowl, whisk egg white and water until frothy. Add raw honey and mix until combined. Add pecans to egg mixture and toss until thoroughly coated. Pour sugar and spice mixture over coated nut mixture and toss until thoroughly coated.
3. Grease cookie sheet liberally with butter. Pour coated nuts onto pan and distribute into a single layer. Bake at 225 degrees for 75 minutes, stirring every 15 minutes. Allow to cool and store in covered container.

GOD'S WORK. OUR HANDS

Shirley Webmeier, Mission Outreach Wing Leader

God's work. Our hands is an opportunity to celebrate who we are as the Evangelical Lutheran Church in America - *one church, freed in Christ to serve and love our neighbor*. Ascension will participate in this church-wide effort, but rather than volunteer on one day, it is our goal to have as many people as possible participate in a volunteer activity during our Fall Small Group Campaign. There will be a kick-off to the fall campaign on Sept. 20. Mission Outreach will have a display set up in the narthex on that day with lists of volunteer opportunities for individuals, families, and small groups. Some of the volunteer experiences are a one-time event while others may lead to ongoing volunteering. It can happen around the church building, in the neighborhood, or in the community, or it may be a project for one of our partner congregations. Please think about how you can be part of this tangible way of living out your faith.



EL SALVADOR PARTNERSHIP

Sarah Aparicio

Things have been difficult for our brothers and sisters in El Salvador due to a rainy season without rain and increased violence from gangs. Fortunately, not all of the news from our partners has been bad. We have received some very exciting news from our brothers at the Agroferreteria.

The business continues to expand, enough that they are opening a second branch. With this expansion, the agroferreteria will now provide full-time employment to four men and part-time employment to several young men from the community. They are now saving to purchase a larger truck, which will allow them to purchase in greater volume at a lower cost. In addition to providing employment, the agroferreteria continues to support the ministries of Pastor Julio and Pastora Blanca. With their earnings, they have purchased a stove top for the churches to prepare food for fellowship events, fans for the churches, gifts for the churches' Mother's Day and Father's Day celebrations, and gas money for the pastors to conduct home visits.

Please continue to keep all of our Salvadoran brothers and sisters in your thoughts and prayers.



TANZANIA WATER PROJECT

Did you know that Ascension, along with other congregations in the Greater Milwaukee Synod, supports the Tanzania Water Project? Like many poor nations around the world, Tanzania suffers from serious issues involving safe water. In a nation where one third of the country is arid to semi-arid, it is very difficult for people to find access to clean, sanitary water if they don't live near one of the three major lakes that border the country. As a result, Tanzania's ground water is the major source of water for the nation's people; however, it's not always clean. Many of these ground water wells are located near or next to toxic drainage systems, which leak into the fresh ground water and contaminate it. Consequently, Tanzanians turn to surface water which contains things like bacteria or human waste; and people have no choice but to drink from, bathe in, or wash their clothes in these areas. According to the Tanzania national website, water-borne illnesses, such as malaria and cholera account for over half of the diseases affecting the population, because people don't have access to sanitary options.

In a household where money is scarce, daughters and mothers have to spend several hours each day walking to get water from pumps and they run the risk of being attacked or raped. Young girls often drop out of school in order to collect the water that is needed for the family. The Water Project works with the Tanzanian people to provide safe and clean water so that the families have this life sustaining resource.





Family Bike Ride

STILL TIME TO REGISTER...

www.ofhbikeride.com or Walk-up registration day of event at St. Bruno Parish, Dousman

Ascension team recruiter Jeff Kirk is still collecting team members for the trail route (ideal for young families) that can travel as far as 14 miles out and back or shortened to a distance fitting your family. Road route lengths of 20, 30, or 50 miles are available. All routes are sagged and have rest stops.

Contact Jeff for additional information at 262-524-8975 or jeffrey@kirks.us

This signature fundraising event is a ministry of the Greater Milwaukee Synod, ELCA. This year, money raised will help fund ministries that provide opportunities for transformation and hope among 19 congregations in some of the poorest neighborhoods in Milwaukee, Racine, and Kenosha. Ascension members have been leading contributors in ridership, volunteers, and donations since the event began.

2015 GOAL IS \$120,000

Our most ambitious goal yet has been supplemented this year by a special \$50,000 Challenge Grant in memory of Ned Bechthold, who played a pivotal role in the early years of Outreach For Hope.

HERE'S HOW TO PARTICIPATE?

Everyone can play a role as a rider, fund raiser, contributor, or volunteer, and participation begins by following these easy steps:

1. Go on-line to www.ofhbikeride.com
2. Riders – Register as single or family. \$35/adult, \$25/youth (under 18), and \$70/family.

For the first 300 registrations, co-sponsors Brennan's Market and Pavement Consulting Inc., LLC will donate \$10 per registration to Outreach for Hope. Be one of the first 300 riders to help generate \$3,000 for Outreach for Hope!

3. Fundraising - Activate your personal web page to request donations from family and friends. Suggested fund raising goals begin at \$100 or more.
4. Volunteers – There's always a need for extra hands to assist in event day organization and clean-up. A button on the website, www.ofhbikeride.com, will take you to a sign-up sheet.
5. Just Donate – The web page allows family and friends to conveniently contribute via a secure web portal to any rider of your choice or to the general OFH Family Bike Ride event.
6. Sponsorships - Cash or in-kind gifts that defray event expenses are available beginning at \$250. To participate, contact your Ascension Pacesetter, Dave McAdow, 262-544-9084 or dmcadow45@gmail.com.

WHAT DO PARTICIPANTS EARN FOR THEIR EFFORTS?

- A healthful, family-friendly activity that will be long-remembered
- Trail ride for families or road routes of 20, 30, or 50 miles
- Free t-shirt for pre-registered riders
- Free goodie bags to the first 350 registered
- Eligible for drawings
- Breakfast snacks to send you on your way
- Conveniently spaced rest stops on all routes
- Post-ride lunch to replenish your energy and share fellowship
- Satisfaction that you've done your part to *Pedal To Push Down Poverty*

SPONSOR A RIDER – For every online donation to riders' personal web pages, an anonymous donor will contribute another \$10 to Outreach For Hope. The more sponsors for more riders, the more support for Outreach For Hope ministries.

RED SHIRT TRIP

Donna Savin

Nancy Link, Celeste Gantert, and I went on a mission trip of third-world proportion to Red Shirt, the forgotten community. A total of eight people went on the trip, but few of us knew anyone. We came from various backgrounds, men and women, of different religious affiliations, and with different gifts to offer. Two had been to serve before; the rest of us were new.

We attended a pow wow, where we handed out backpacks and coats. The kids came and received their backpacks filled with school supplies and goodie bags. They were overjoyed! Kites were a big hit. They took them out right away and ran through the mud, laughing trying to get their kites aloft.

The coats, donated by Ascension members and other churches, were distributed. There were enough coats for the Red Shirt Community, and the leftover coats, as well as the other items, were taken to Oglala, another Native American community that needed them. Thank you, Ascension members for your contribution. It was very much appreciated!



GIVING THANKS

FROM HEIDI BISCHMANN

Dear Friends of Ascension,

Thank you for a wonderful worship service, reception, and time of fellowship and celebration on July 19. It was an awesome day that I will cherish.

It has been my honor to direct the Ascension Handbell Choir. I have learned a great deal and have enjoyed being part of a rich and growing music ministry.

I am sad to say goodbye to so many friends and talented musicians. I have been truly blessed by my time at Ascension and leave with fond memories.

Thank you very much for the gift card to Artisan 179 in Pewaukee. I look forward to enjoying a special meal with Dave.

Thank you again! I will miss you! Blessings!



FROM THE BERDOLL FAMILY

Maxine and Kenny Berdoll would like to extend a gracious *thank you* to all of the Ascension friends that provided help, meals, and prayers for them over the past month. They both are feeling better and believe they belong to the "best church ever!"

FROM ARLENE DAVIS

Thank you Ascension family for all your prayers and support during the illness and death of my brother Joe Delfosse.

God worked through all of you to make this journey bearable for me and my family. I am truly blessed to have all of you in my life.

FROM HOPE CENTER

Thank you for the donation of 168 cases of water. Today, we see an ever-increasing need to help prevent homelessness and people living in poverty. Your generous donation greatly helped our ever-increasing number of clients weathering the summer heat. Thank you for your support, *Ralph Zick, Executive Director*



MORE GRATITUDE

FROM ELCA GLOBAL CHURCH SPONSORSHIP



Your gift impacts lives! Thank you for your generous gift of \$2,500 to Randall and Carol Stubbs. Your generosity shows your commitment to walking alongside our brothers and sisters in Christ around the world. For this, we give thanks.

Because of your support to the ELCA Global Church Sponsorship, together we are able to:

- Send more than 220 missionaries, including more than 75 Young Adults in Global Mission, to work with our companion churches in 46 countries.
- Provide scholarships to International Women Leaders as they respond to God's call to ministry, either in their home context or as they attend an ELCA seminary, college, or university.
- Accompany our companions around the world by responding to their priorities through investing in evangelism, education, church expansion, and other important global ministry projects.

For more information on how your gift is impacting God's work throughout the world, visit www.ELCA.org/globalchurch or contact me directly at Andrew.steele@elca.org or 773-380-2758. Again, thank you for your incredible generosity and your gifts.

Andrew Steele, Director, ELCA Global Church Sponsorship, ELCA

FROM MILWAUKEE HABITAT FOR HUMANITY



On behalf of more than 500 Habitat families now living in safe and affordable homes, thank you for the \$1,000 contribution. Your support provides a life-changing opportunity for a family to purchase and own a decent home here in Milwaukee and provides funding for our affiliates in El Salvador and Kyrgyzstan.

Milwaukee Habitat knows good housing and good housing policies are key to creating safe and strong communities and adequate shelter is a critical foundation for breaking the cycle of poverty. We also know that Habitat for Humanity alone cannot end

poverty housing. It will take the efforts of faith and community leaders, corporations, government, volunteers, and other partners.

Over the next five years, we will continue to invest in the Washington Park neighborhood to build new homes, rehab foreclosed properties, and assist current homeowners with critical repairs. And in addition to our direct housing services, we will continue to address community issues such as public safety and youth development.

On behalf of the board and staff at Milwaukee Habitat, we thank you for your belief in our mission.

Brian Sonderman, Executive Director

FROM THE FOOD PANTRY OF WAUKESHA COUNTY



Thank you for your donation of groceries to the FOOD Pantry of Waukesha County. Your support helps to ensure that we have a variety of the foods needed to serve more than 5,000 people each month. Approximately 40% of the people we serve are children, and access to nourishing food guarantees that they have the nutritional building blocks necessary for healthy childhood and academic achievement.

Your generous support is truly appreciated as we rely on a generous community to help us to reach our goal to end hunger in Waukesha County. We believe that local solutions can positively impact local challenges. Thank you for being our partners as we *End hunger. Start here.*

SEPTEMBER 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
Room Key EH = East Hall HR = Hearth Room K = Kitchen N = Narthex PL = Parking Lot PR = Prayer Room S = Sanctuary WH = West Hall YR = Youth Room		1 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 5pm Care Ministry Meal WH 6pm DivorceCare 107 6pm DC4K 103 6pm GriefShare YR 6:30pm Mission Outreach HR 7pm Mutual Ministry PR	2 9am Young at Heart, Denny's 9:30am Cross Meal 9:30am Staff 12pm Lunch & Knit, Broadway Cafe 12:30pm Women's Nurture PR 6pm Handbells S 7pm Wisdom Grp WH HR 7:30pm Choir S	3 10am Al Anon WH 1pm TGBG PR 1pm Quilting, Bissett's House 7pm Ballantyne 107 7pm Care Ministries 106	4 Carpet Cleaning	5
6 8:30am Worship 10:45am Outdoor Worship 6pm AA mtg WH 7pm AA closed mtg WH	7 Labor Day 9:45am Al Anon WH 6pm Prayer Group PR	8 6:30am AMEN 107 9:30am Women's Bible Study HR 5pm Care Ministry Meal WH 6pm DivorceCare 107 6pm DC4K 103 6pm GriefShare YR	9 11:45am Men's Nurture Grp 106 6pm Handbells S 6:30pm AMEN Leadership 107 7pm Wisdom Grp WH HR 7:30pm Choir S	10 10am Al Anon WH 1pm Quilting, Bissett's House 6:30pm Knit Wits WH 7pm Ballantyne 107	11	12 Outreach for Hope Bike Ride
13 Rally Day 8:30am Worship 9:45am Children's Ministry 10:45am Worship 12pm Special Friends, off site 3:30pm JOLT EH, S 5pm CRASH EH, S 6pm AA mtg WH 7pm AA closed mtg WH	14 9:45am Al Anon WH 1pm Living Letters 106 6:30pm AMEN 107	15 Newsletter Deadline 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 5pm Care Ministry Meal WH 6pm DivorceCare 107 6pm DC4K 103 6pm GriefShare YR 7pm Council EH	16 12pm Young at Heart EH, K 12:30pm Women's Nurture PR 6pm Handbells S 7pm Wisdom Grp WH HR 7:30pm Choir S	17 10am Al Anon WH 1pm TGBG PR 1pm Quilting, Bissett's House 5:15pm Angel Choir S 5:45pm Joyful Sounds S 6:30pm Handbell Workshop S 6:30pm JOLT EH, WH 7pm Ballantyne 107	18	19 9am Knit Fest WH 10:30am Folk Choir S
20 God's Work. Our Hands. Sunday Small Group Kick-off 8:30am Worship 9am Supermoms Event 9:45am Children's Ministry 9:45am 5K Stepping Stone WH 10am Blood Pressure Screening HR 10:45am Worship 6pm CRASH EH, YR 6pm AA mtg WH 7pm AA closed mtg WH	21 9:45am Al Anon WH 6pm Prayer Group PR 6:30pm AMEN 107	22 6:30am AMEN 107 9:30am Women's Bible Study HR 5pm Care Ministry Meal WH 6pm DivorceCare 107 6pm DC4K 103 6pm GriefShare YR 7pm Holloway 106	23 6pm Handbells S 7pm Wisdom Grp WH HR 7:30pm Choir S	24 10am Al Anon WH 1pm Quilting, Bissett's House 5:45pm Joyful Sounds S 5:15pm Angel Choir S 6:30pm Handbell Workshop S 6:30pm JOLT EH, WH 6:30pm Pr. Angela Group HR 7pm Ballantyne 107	25	26
27 5K Bible Presentation 8:30am Worship 9am Supermoms Event 9:45am Children's Ministry 10am Starting Point WH 10:45am Worship 12pm Listening Session EH, WH 12pm Praise Band S 6pm AA mtg WH 6:30pm CRASH EH, YR 7pm AA closed mtg WH	28 9:45am Al Anon WH 6:30pm AMEN 107 6:30pm Knit Wits WH	29 6:30am AMEN 107 9:30am Women's Bible Study HR 5pm Care Ministry Meal WH 6pm DivorceCare 107 6pm DC4K 103 6pm GriefShare YR 7pm Holloway 106	30 6pm Handbells S 7pm Wisdom Grp WH HR 7:30pm Choir S			