Ascension
LUTHERAN CHURCH
ELCA
May 2016

1415 DOPP STREET
WAUKESHA, WI 53188-4997

CHANGE SERVICE REQUESTED

Nonprofit Org.
U.S. POSTAGE
PAID
Waukesha, WI
Permit No. 705

What's in the *May* newsletter

The Greatest Story Ever Told 3
Pastoral Acts 3
Quiet Miracles 4
Your Council at Work 5
Financial Report 5
Confirmation 6
Children's Ministry 6
Kidventure: Treasure Island 6
Property Day Appreciation 7
Care Ministries: Cancer Care 7
Upcoming Care Ministies events 8
Knit Wits 8
Forget Me Not: Judy Franke 9
AMEN: Hope Center Meals 10
Military Ministry 10
Special Friends 10
Young at Heart: Upcoming Trip 10
Women's Retreat: Save the Date 11
A Taste of The Daniel Plan 11
Outreach for Hope Bike Ride 12
Cross Partnership Sunday 12
Tanzania Partnership 12
SOPHIA: Human Trafficking 12
The Jubilate Chorale at Ascension 13
Gratitude 13
Hittin' the Road 13
May 2016 14

THE *Ascension* NEWSLETTER

Ascension
LUTHERAN CHURCH
ELCA

(262) 547-8518

admin@ascensionelca.org

facebook.com/ascensionlutheran

www.ascensionelca.org

1415 Dopp Street
Waukesha, WI 53188

OFFICE HOURS

MONDAY - THURSDAY
9 a.m. - 5 p.m.
FRIDAY
9 a.m. - 3 p.m.

EXECUTIVE STAFF

Pastor
Rev. Christian W. Marien
PC@ascensionelca.org

Pastor
Rev. Angela T. Khabeb
PA@ascensionelca.org

Director of Administration
Amy Gilgenbach
Admin@ascensionelca.org

Director of Care Ministries
Brenda Lytle, RN
Brenda@ascensionelca.org

Director of Faith Formation
Tony Acompanado
Tony@ascensionelca.org

Director of Music Ministries
Vicki Taylor
Vicki@ascensionelca.org

SUPPORT STAFF

Administrator for Joyful Worship and Spiritual Growth
Amy Stryker
AmyS@ascensionelca.org

Administrator for Caring Relationships and Mission Outreach
Kate Mattson
Kate@ascensionelca.org

Nursery Staff
Carli Boyer
Rachel Stemper

Wedding Coordinator
Lauri Eckmann
LEckmann@wi.rr.com

MUSIC STAFF

Praise Band Leader
Ben Janzow Ben_janzow@yahoo.com

Folk Choir Leader
Ray Kinney Raywk2003@yahoo.com

CHURCH COUNCIL & MINISTRY TEAM LEADERS

President
Paul Wehmeier
paulkw@wi.rr.com

1st Vice-President
Cynthia Carlson
cynthiac1966@live.com

2nd Vice-President
Craig Greenwood
ctgreenwood1@att.net

Secretary
Marcy Schaefer
marcymschaefer@yahoo.com

Treasurer
Patti Mueller
mombski@aol.com

Members-at-Large
Alan Gilgenbach al@gilgenbach.net
Bryn Kirk brynkirk@gmail.com
Becky Klotz becky.klotz23@yahoo.com
Roger Nordberg rbnordberg@gmail.com
Jeremy Poling polingj@alumni.msoe.edu
Cathy Rapp catherinerapp@sbcglobal.net

Director of Ministries
Kelly Hoeg khoeg@wi.rr.com

Director of Operations
Peter Laper
Peterlaper@gmail.com

THE GREATEST STORY EVER TOLD

Pastor Chris Marien

I am convinced that the work of God at Easter is far more difficult to believe than God's gift of a baby in a manger. Easter calls us to believe what we have not seen even once, while babies are born every day.

I said those words aloud during a time of reflection and prayer. I decided they were worth writing down. Maybe. Maybe not. Regardless of the ability of those words to inspire, the sentiment is no less true. A baby in a manger is easy…unless your name is Mary. Easter, however, presents a whole host of problems. Resurrection from sealed tombs and beating hearts stopped and started again without medical intervention are much harder for our logical and proof-demanding world to accept, let alone understand. Yet still I believe.

We are an interesting expression of God's love, we disciples of Jesus. Our holy book tells us to love one another; to pray for our enemies; to remember our Savior; and to celebrate his resurrection from the dead. Is it any wonder that so many have, over time, walked away from a relationship with God? It is much easier to believe we stand alone – this world is all there is and when we die, we are dead. The end.

And yet, somehow, this story continues to be told again and again. Through the words of Matthew 28, Mark 16, Luke 24, and John 20, the story of the resurrection of Jesus is told. Through the music of *Jesus Christ is Risen Today* and *I Know that My Redeemer Lives*, we hear the news of the resurrection. In the creeds of the universal Christian Church, we speak words of belief that have been spoken by generations of Christians from as early as 325 AD. If this story was simply a device to control people, or if this story was used to simply explain the great mysteries of the world at any time, then I would have expected the story of the resurrection of Jesus to just as simply fall away over these last 1,691 years since the first confession of faith was made at the Council of Nicea.

And certainly, as the story – told in hope and faith – has become too great a burden to bear, people have walked away. And yet, the story continues to be told. I am convinced of the truth of the story of the resurrection of the dead because I have witnessed the faith of far too many believers who have passed on the story to me. The resurrection of Jesus grounds me in this world and promises me a place in the next. I know there will be more days of fear than courage. I know I will suffer long days of doubt over belief. I know that there will be days ahead that will cause pain in this life. And yet, still I believe. As I said in my sermon a few weeks ago, the place between fear and doubt is the foundation of Easter and the power of the resurrection of Jesus Christ, our Savior and Lord. Still I believe, "Christ is risen! He is risen indeed! Alleluia!" They are words I heard as a child. They are words I speak over my children today. They are words of power – resurrection power. They are words that promise life.Christ is risen! He is risen indeed! Alleluia!

PASTORAL ACTS

Funerals

March 4	Barbara Wonderf
April 6	Sue Krist

miracle (*noun* mir·a·cle): an unusual or wonderful event that is believed to be caused by the power of God
Merriam-Webster

QUIET MIRACLES

Pastor Angela Khabeb

What images spring to mind when you hear the word *miracle*? Perhaps you picture the feeding of the 5,000? In your mind's eye, you witness Jesus and the disciples in the midst of the miracle of multiplication. You marvel as they feed thousands of hungry people with five loaves and two fish. Or maybe your mind immediately rests at the grave of Lazarus. Standing next to the stone, weeping with Martha, you hear Jesus call Lazarus by name. You rejoice with Martha and the others and help peel away Lazarus' grave clothes. Or maybe the final days of the Easter season compel the miracle of all miracles to the forefront of your mind. You visualize yourself rushing with the women to anoint Jesus and you find the stone rolled away. You stand in the empty tomb amazed by angels. You run to tell the disciples the good news, "Christ is risen! He is risen indeed. Hallelujah!" Our sacred stories offer an abundance of miracles: Moses parting the Red Sea, Daniel in the lions' den, Jesus healing the ten lepers, Jesus walking on water, Jesus turning water into wine…and so many others.

Merriam-Webster defines miracle as: *an unusual or wonderful event that is believed to be caused by the power of God*. The miracles that are recorded in the Bible are awesome. They are astonishing and unmistakable. But the majority of miracles enter our lives quietly, gently, almost on tiptoe. These simple miracles unfold around us each day. They arrive without fanfare or accolades. In fact, they often blend into the background of our busy lives. But I contend that even these commonplace miracles are *caused by the power of God*.

Ascension's GriefShare ministry is an excellent example of the power of God reaching into our quotidian lives. GriefShare is a support group for people grieving the death of a family member or friend. Admittedly, at first glance, a support group may seem mundane but every week, a humble miracle emerges. As we gather in our collective lament, there is comfort. In our corporate heartbreak, we find strength. In our shared discontent, God reminds us that we are never alone. This is the everyday miracle of becoming the body of Christ together.

Joyce, a GriefShare participant, lost her husband Don last year. But she was only able to attend the very end of our fall GriefShare sessions. Fortunately, Joyce returned for the spring GriefShare cycle. Unfortunately, shortly after the spring session began, Joyce's mother Eleanor suffered a tragic stroke and died on February 2. In just seven months, Joyce lost her husband and mother. In situations like this, grief is compounded. As the family faced the funeral preparations, they encountered an unforeseen complication. Months earlier, Eleanor chose a lovely floral dress for her burial. Unfortunately, her short sleeved-dress exposed the bruises on her arms from her recent hospital stay. Joyce and her sister searched for something to cover their mother's arms – possibly a sweater or a nice jacket. But the dress' unique color was just too difficult to match. Thankfully, before abandoning the search, Joyce remembered the prayer shawl she received from Ascension's prayer shawl ministry. Immediately, she knew it was the right thing to do. She took the shawl to the funeral home and it was a perfect match. The prayer shawl had flecks of all of the colors of Eleanor's dress. They draped the prayer shawl over Eleanor's arms – a tender gift for her final journey.

God uses simple things like yarn, prayers, and willing hands to enter into our lives in ordinary ways that have extraordinary impact. However, if we're not careful, we might just miss the presence of these quiet miracles that silently surround us. It is my prayer that the next time we witness a stranger's kindness, an elder's wisdom, a mother's love, sharing peace, or the faith of a child, we ask ourselves, "Is this *caused by the power of God*?"

YOUR COUNCIL AT WORK

Paul Wehmeier, Council President

Martin Luther, in his explanation to the Apostles' Creed, details the relationship that our God has with us. Our Heavenly Father has made us and provides for us richly on a daily basis with all we need. He defends, guards, and protects us. He does this out of divine goodness and mercy, without any merit or worthiness in us. Jesus has redeemed us with His precious, innocent blood through His suffering and death. The Holy Spirit sanctifies the Church and keeps it with Jesus Christ. God daily forgives all our sins and will raise us up on the last day to eternal life in Christ. God does all of that for us. What do we do in return?

Our response to this generous God is to be generous in all of our worship by sharing God's many blessings in our daily life. The American Heritage dictionary defines worship as *the reverent love and allegiance accorded a deity…a set of ceremonies, prayers and other religious forms by which this love is expressed.* In our liturgy we offer the prayer: *We offer what You have first given us; ourselves, our time, and our possessions; signs of Your gracious love.* It is God's gift to us, not our gifts to God. We are merely returning a portion of His gifts.

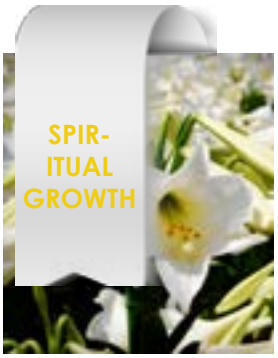
At the April meeting, the Council had a brainstorming session on how we as leaders can encourage all of us to reflect and act on these truths. The Council committed itself to improve its communication with the congregation regarding the financial needs it has to maintain in order to enhance God's work at Ascension. We also committed to perform a diligent and prudent review of the church's expenditures.

FINANCIAL REPORT

MARCH 31, 2016 YEAR-TO-DATE

Pattie Mueller, Treasurer

General Fund Activity	March 2016 Actual	March 2016 Budget	Variance to 2016 Budget	2016 YTD Actual
Income				
Contributions	$ 66,812.75	$ 56,400.00	$ 10,167.36	$ 170,167.36
Rent, Interest, other income	$ 5,198.13	$ 5,420.83	$ (220.70)	$ 13,311.34
Restricted Income	$ 6,868.28	$ 7,500.00	$ (631.72)	$ 21,368.28
Total Income	$ 78,879.16	$ 69,320.83	$ 9,558.33	$ 204,846.98
Expenses				
Communications	$ 4,025.42	$ 1,991.66	$ (2,033.76)	$ 7,637.37
Facilities	$ 19,211.83	$ 16,679.32	$ (2,532.51)	$ 48,072.09
Financial Development	$ 8,124.85	$ 8,084.00	$ (40.85)	$ 24,509.23
Leadership Development	$ 51.32	$ 33.33	$ (17.99)	$ 51.32
Administration	$ 20,891.83	$ 22,280.91	$ 1,389.08	$ 66,950.44
Caring Relationships	$ 1,464.91	$ 2,345.25	$ (880.34)	$ 6,070.42
Joyful Worships	$ 8,453.48	$ 8,054.49	$ (398.99)	$ 25,492.22
Mission Outreach	$ 2,057.70	$ 3,208.34	$ 1,150.64	$ 6,667.38
Spiritual Growth	$ 6,687.02	$ 7,046.90	$ 359.88	$ 20,254.19
Total Expenses	$ 70,968.36	$ 69,724.20	$ (1,244.16)	$ 205,704.66
Surplus/(Deficit)	$ 7,910.80	$ (403.37)	$ 8,314.17	$ (857.68)
Mortgage Balance	$707,496.00	What a month! The generosity of the Ascension congregation and all who came to worship during the Easter season was amazing. Bless these gifts for the work of the church.		
Restricted Funds Balance	$149,809.00			
General Fund Balance	$ (36,634.00)			
Ascension Arise Contributions	$ 5,262.00			
Restricted Contributions	$0			



CONFIRMATION

Join the Ascension community in celebrating our JOLT students completing their Confirmation Stepping Stone. We will celebrate the Rite of Confirmation on Sunday, May 15, at the 8:30 a.m. and 10:45 a.m. worship services. A cake reception in their honor will be held in the narthex between services. We give thanks for each of them and ask God's blessing on their continued journey of faith.

Anderson, Kameron
Anspach, Genevieve
Ehrlich, Jordan
Gallo, Alexander
Gunderson, Brandon
Hoff, Brandon
James, Grace
Keller, Kaylee
Leber, Cassandra
Lytle, Brooke
Martin, Maddie
McFadden, Jacob
Venske, Sydney

CHILDREN'S MINISTRY

Tony Acompanado, Director of Faith Formation

Children's Ministry programming for 2015-16 wraps up with the remaining four classes – Sundays May 1, 8, 15, and 22.

Ascension's Children's Ministry has undergone an exciting transformation this cycle that has included: the adoption of a new experience-based SPARK curriculum; new, coordinating Bibles; new worship times to encourage families to worship together; a new music component in Sunday School; the inclusion of our Puppet Ministry, service projects, as well as events that sought to immerse families in a shared ministry experience, including the Road to Bethlehem, Road to the Cross, and Cookie Monster ministries.

There is a renewed sense of excitement surrounding Ascension's Children's Ministry and we give thanks to God for the dedication of parents and students willing to trust in a new direction. We are grateful for passionate and committed volunteers who have been willing to reimagine the way we walk alongside children and families on their faith journeys, and we are thankful for church leaders and congregation members for their patience, encouragement, and support of a shift in the way ministry to children and families moves forward at Ascension.

As we conclude these last few weeks of programming and start looking ahead to a reimagined VBS event called KidVenture in June, and an even more improved Children's Ministry resuming in September, please take a moment to thank God for the gift of Ascension's Children's Ministry and each one of the volunteers who make it possible and amazing.

Mark your calendars now – Children's Ministry resumes for 2016-17 with a fantastic Rally Day Celebration on Sunday, September 11.

KIDVENTURE: TREASURE ISLAND

WHERE KNOWING GOD IS THE GREATEST TREASURE

Kids in kindergarten through grade 5 for the 2015-16 school year are invited to join us June 20-24, from 9 a.m.-12 p.m. for a week long adventure that includes games, adventures in food, and experiencing Bible stories in a creative and active way. Additional information can be found on Ascension's website under Children's Ministry as well as registration, which will launch on Sunday, May 1.

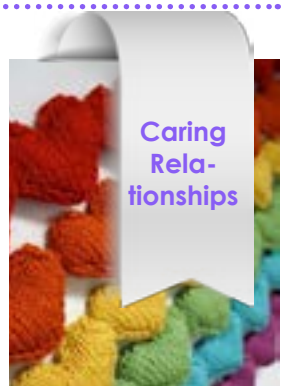
PROPERTY DAY APPRECIATION

Ascension is grateful to the more than 40 members of the congregation who gave of their time and energy to give glory to God through the upkeep and tending of the campus inside and out. Projects completed or continued included:

Window washing	Flowers planted
Flower bed creation	Dead trees removed
Distribution of 12 yards of mulch	Closets cleaned
Preparation and seeding of courtyard	Weeding around campus
Retiring of old arborvitae	Kitchen organizing
Removal of Juniper bushes	Light fixtures cleaned and bulbs replaced
Preparation for new planting	

The look of the outside of the campus is as important as what happens inside the building when visitors drive by contemplating a visit on Sunday morning. Hospitality comes in many forms. Our deep appreciation goes out to all who made Ascension more hospitable for the ministry ahead.

CARE MINISTRIES: CANCER CARE



Brenda Lytle, RN, Director of Care Ministries

The Spirit of the Lord GOD is upon me, because the LORD has anointed me; he has sent me to bring good news to the oppressed, to bind up the brokenhearted, to proclaim liberty to the captives, and release to the prisoners: to proclaim the year of the LORD's favor, and the day of vengeance of our God; to comfort all who mourn. ~ Isaiah 61:1-2

Sometimes we focus on the positive words in this passage of Scripture; the help, the comforting, the liberty, and the joy. But, if we lose sight of the simple truth that mourning happens before the arrival of comfort, then we lose sight of the process through which comfort comes. That process is part of the work that we have been given the privilege of taking part in by God.

Cancer is a dreaded word and challenges not only those diagnosed with it, but also the family, friends, and caregivers of those battling the disease. Cancer will be diagnosed in one out of every two men and one out of every three women (American Cancer Society, 2015), but cancer is not the end! There is comfort, beauty, joy, and healing. Cancer may put individuals and families on a dark journey they do not want to take, but with God's Spirit working through your words and hands, it can become a journey of hope. This is an unexpected journey…and there is a great need for hope.

If you are interested in being a part of Ascension's new Cancer Care Ministry please contact, Brenda@ascensionelca.org or call 262-547-8518.

UPCOMING CARE MINISTIES EVENTS

ASCENSION'S PLANT SALE IS BACK!

Spring is just around the corner, so order your flowers now! We have an abundance of new Care Ministries that are supported by your flower orders! Pick-up date for flowers is the morning of May 21 in the Ascension parking lot.

YOGA CLASSES AT ASCENSION

The new spring session is through May 16, from 6-7 p.m., in East Hall, with YMCA instructor Jessica Popp. The cost is $12 for six weeks. Get back in shape and feel healthier for the summer months!

SUMMER WALKING GROUP?

Do you have an interest in being a part of a new walking group this summer to improve your health and wellness? More information to come. Watch for a sign-up on the Care Ministries bulletin board.

SOS ANGELS NEW CARE MINISTRY

Do you know of an Ascension member who may be trying to recover from a recent hospitalization or illness and could use some assistance in their home? Perhaps we can help. We also are looking for volunteers to help those in need. If you can afford to make a difference for others or know of someone that has a need, please contact Nada Draeger at 262-548-0351 or NJDraeger@msn.com.

AMERICAN RED CROSS CERTIFIED BABYSITTING CLASSES FOR TEENS

When: June 27 OR June 29
Time: 8:30 a.m.-3 p.m.
Where: Ascension's East Hall
Cost: $35, includes Red Cross certification, course materials, and lunch
Sign up on the Care Ministries bulletin board. Limited class size of 10 students per class. Sign up soon to ensure a space in the class. Bring fee to the class.

KNIT WITS

Well, winter is finally over, and it's time for the Knit Wits' annual report. Since we had a mild winter, we made more lap afghans (lapghans) this year and fewer hats. In the last 12 months, we made 70 lapghans for local VA patients; 56 baby blankets for the USO; and 1,546 hats and 92 other items for local charities. Our local charities this year included Cross Lutheran, Hope Center, the Salvation Army, Hebron House, and the Christmas Clearing Council.

The Knit Wits continue to work with the Wisconsin USO, making as many baby blankets and clothing items as we can for their big event this summer. If you love to make baby blankets, sweaters, hats, or buntings, now is your chance to help out new military moms in Wisconsin. Of course, we're still making lapghans for the VA and hats for the community. Please drop off all baby items to Maddie Goetter by May 28 or earlier.

New members are always welcome to join our group of knitters and crocheters. Think of the Knit Wits if you are cleaning out anyone's yarn stash. Donations of clean, unused yarns are always welcome. For more info, contact Maddie Goetter at 262-527-4013. Thank you to everyone for your support of our mission. Let's keep the community warm, one stitch at a time.

FORGET ME NOT: JUDY FRANKE

Brenda Lytle, RN, Director of Care Ministries

A visit in a rehab facility with Judy was quite insightful, as I learned bits and pieces about her life, similar to the large puzzle she was assembling on a card table in front of her. Judy has been a long-time Ascension member and was very active in many different areas of Ascension over the past 30 years.

Judy was born and raised in Sheboygan, WI. Her mom was a stay-at-home-mother and her father worked at Armeyr Leather Tanning Factory. She has one younger brother who lives in Prairie Du Chien.

After high school, Judy attended school at Prospect Hall Secretarial School and stayed at a Lutheran Girls Home in Milwaukee. Her first job was working at the Milwaukee YMCA. Other jobs through her years included Continental Can Company, an insurance agency, and MATC as the secretary to the Dean of Students.

In 1966, she married her husband, Richard. He worked in bindery at Arandell Corporation Printing, in Menomonee Falls. They had two daughters. Kay is their oldest and lives in Sheboygan and teaches 2nd grade. Kay is married to Jim and they have two children, a sophomore and a junior in high school. Judy's youngest daughter Jody, who is a special education aide at Menomonee Falls High School, lives in Pewaukee and is married to Scott. They have one child CJ, who is a freshman communications major at Edgewood College, in Madison.

Judy moved to Waukesha in 1968. Her husband still worked in Menomonee Falls and she had a part-time job as the secretary for probation and parole at the Waukesha County Courthouse. Judy and Richard joined Ascension in 1973 for Jody's baptism. Judy became active in church activities and was the AAL secretary (currently Thrivent) for Ascension. She also planned monthly activities, including big chili suppers. Judy would pop some popcorn and pick up McDonald's "orange drink" and bring them to the Ascension baseball games for the secretaries. Another big activity she planned was the church auction. People would donate gifts and the money was all given to the church. Some of the gifts included services like getting a baked pie every month, or getting a rental at a cottage on a lake up north. People were very generous with their gifts and the auctions were always big events at Ascension. Judy also worked as a secretary in Ascension's office; kept the kitchen clean; and did all of the funeral planning in the church.

In the past year, Judy has kept active by setting up motorcoach tours, working at voting polls, and teaching crochet classes for the Waukesha Parks and Rec. Department and learning in retirement (LIR) at WCTC. She also enjoys a group in which she is able to play sheepshead and bridge. Judy is also in two Red Hat groups.

Judy has received so much joy from being a mentor for Eh th'Blay Paw and Paw Pa Soe. She has made it possible for the girls to become involved in 4H and the girls have taken classes on quilting, basketry, swimming, and soccer. These girls are very important in Judy's life.

Health concerns with hospitalizations have limited several activities in Judy's life since August 2015, but Judy looks forward to returning to activities she enjoys when she is feeling better.

AMEN: HOPE CENTER MEALS

Mark Otto, AMEN Ministry Member

AMEN Men's Ministry is bringing Ascension men together and out of their comfort zone to share their faith, time, and blessings through Bible study and fellowship. AMEN also works with Hope Center and helps our community with meals, clothing, and furniture. These are all free through the volunteers and gifts of Waukesha county. All Hope Center meals are served by volunteers from the churches of Waukesha. There are three meals a week served and Ascension takes care of two to four meals a year. AMEN goes there to help and the appreciation received is sometimes overwhelming. Volunteering there also allows me to serve with my brothers and reminds me of the many blessings that have been given to me.

MILITARY MINISTRY

Sheri Greger, Military Ministry Leader

Memorial Day is at the end of May and provides us a great opportunity to reflect and remember those who sacrificed their lives for the many freedoms we have. The Military Ministry sold flags in honor or in memory of a loved one. Each flag will have a tag and will be placed in the church's lawn on Memorial Day weekend. You may choose to take the flag you purchased or donate it to the Military Ministry. Proceeds from the flag sale will go to further the mission of the Military Ministry.

Deb Weber, Ascension member and VA employee, has brought to our attention that the VA is in need of adult bibs and urine bag covers for VA residents. The pattern is simple and fairly easy to sew. We also continue to accept foley bag covers for the VA. Interested in helping, but not able to sew, you can donate fabric for the bibs or bags (gently used bath towels and flannel pillow cases work great), along with Velcro or binding tape. The attached picture shows examples of finished adult bibs worn by members of the Military Ministry. If you're interested in learning more, contact Maddie Goetter or Sheri Greger for patterns or further ideas

SPECIAL FRIENDS

Marge Schroeder, Ministry Leader

Special Friends got together the week after Easter to continue the celebration of our risen Lord. We had a big group for subs and ceramic painting at Touch of Glaze. This is one of our group's favorite events and everyone displayed their creative/artistic talents. Our next event will be bowling at Sunset Bowl Entertainment Center. This event brings everyone together to cheer on their teammates and offers fun competition between teams. One of our members, Carl, is very serious about this event and has his own bowling ball and shoes. His score is always very high and he doesn't even use the lane bumpers! We invite anyone to bowl with us or just come to experience the fun.

YOUNG AT HEART: UPCOMING TRIP

Our May luncheon is Wednesday, May 18, from noon-3 p.m., in Ascension's East Hall. We will have music provided by a button-box player. Sounds like fun! Bring a dish to pass if you are able.

Ascension's Young at Heart group is scheduling a tour on Wednesday, June 8, of the McCormick Mansion, gardens, and Cantigny Military Museum in Wheaton, IL. This country estate is Robert McCormick's, founder of the Chicago Tribune Newspaper. We will leave Ascension at 7:45 a.m. and return at 4:45 p.m. The cost is $50 per person, including dining in their facility. If you have questions, contact Celeste Defenbaugh at 262-370-4522.

WOMEN'S RETREAT: SAVE THE DATE

Join Ascension women for a relaxing weekend of ministry and faith, including a guest speaker to guide the spiritual journey! Ascension members and non-members (women 18 years-old or older) are invited. The retreat is October 21-23, Friday evening-Sunday afternoon, at Timberlee (N8705 Scout Rd., East Troy). Meals and snacks will be provided. More details to come…..

A TASTE OF THE DANIEL PLAN: GLUTEN PART 2

Steve and Carol Spieker, The Daniel Plan Leaders

Last month we began discussing the huge subject of gluten. We explained the difference between someone that is gluten intolerant versus someone who is gluten sensitive. This month, we continue unpacking the topic of gluten sensitivity. As a reminder, gluten sensitivity is not a genetically-based autoimmune disease like Celiac disease but has many of the same symptoms. You may recall the co-author of The Daniel Plan Dr. Mark Hyman states that 99 percent of people who have a sensitivity to gluten do not even know it.

Since we both have a gluten sensitivity, we are obviously more aware of the problems associated with ingesting gluten. We often hear of people that know or suspect they have a sensitivity or even an intolerance to gluten, but chose to ignore it because it is "too much trouble" or "too expensive" to do anything about it.

It is important for people to understand the ramifications of ignoring the problem. It is not just having the discomfort of bloating, heartburn, or constipation. The reality is that continued exposure to gluten to someone that is sensitive or intolerant can cause irreparable damage to their gut. When we use the term "gut," we are not just referring to the slang term people give to the stomach. In addition to your stomach, the gut refers to your intestines, colon, pancreas and liver. Your gut is responsible for 70 percent of your immunity. It is also where 90 percent of the neurotransmitters (chemicals responsible for regulating mood) are produced. Therefore, it is an extremely important part of our body and must be protected.

Gluten in the gut of a sensitive body constantly inflames the GI tract. It is like having a scrape on your arm and constantly rubbing it against a rough surface over and over. It never gets better and probably will get worse. In addition to the inflammation, the intestines become damaged. The inside of your intestines are lined with fibers like old fashioned shag carpet. Those fibers are designed to snag the nutrients of the food you ingest so it can be absorbed and distributed throughout your body for fuel. Constant inflammation in the intestines causes those fibers to get matted down. When they are matted down, they are not able to snag the nutrients. Consequently, the gluten sensitive person ingests the calories and most of the nutrition just flows right through the GI tract and literally goes right down the toilet, essentially causing malnourishment.

The Daniel Plan suggests all people do a 10–40 day detox of gluten. During that period, a person should not ingest ANY gluten, which will allow their gut to heal. After that period of time, that person can reintroduce gluten and see how it affects them. In our experience, it likely will take far more than 40 days to heal one's gut. Because of the other negative effects of ingesting glutinous foods, it is best to permanently eliminate them.

This column offers health and nutritional information and is for educational purposes only. It is not a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment of health conditions. Please consult your physician or other healthcare professional before beginning or changing any health program to ensure it is appropriate for you.

BAKED FRUIT

- Fresh fruit in season, 4 cups
- Balsamic vinegar, 1 tablespoon
- ½ teaspoon ground allspice or cardamom

Preparation:

1. Preheat oven to 375 degrees
2. Cut fresh fruit into 1-2" cubes and place in a shallow baking dish.
3. Drizzle with balsamic vinegar.
4. Sprinkle fruit with dried allspice and cardamom.
5. Bake for 15 minutes or until fruit is tender.

CROSS PARTNERSHIP SUNDAY

Did you know that Ascension's partnership with Cross dates back close to 40 years? That is before the formation of the ELCA! On Sunday, May 1, we will celebrate our relationship with Cross Partnership Sunday. We welcome Pastor Michelle Townsend de Lopez to the pulpit. Worship will be led by Cross Choir and Easter. Adult Forum will focus on the Bread of Healing Empowerment Ministry at Cross. Each month, Ascension provides and serves a meal at BOHEM, but it is more than food for the body. BOHEM is also food for the spirit and the soul. If you have ever wondered why or how Ascension focuses on this partnership, please plan to attend. Cross is doing work in their own community that we are blessed to be a part of. We walk alongside them doing God's work with our hands.

TANZANIA PARTNERSHIP

Ascension is taking the next steps in accompanying a congregation in the Meru Diocese of Tanzania. Because their congregations consist of more than one parish, we will be working with three parishes at the request of the Meru Diocese. St. Luke's, Waukesha has already begun this process and we will work with them in developing this ministry. If you have a heart for mission and would like to be part of the development of this partnership, please contact Shirley Wehmeier or Sarah Aparicio.

SOPHIA: HUMAN TRAFFICKING

On April 15, there was a front page article in the *Journal Sentinel* about two major league baseball players who became part of a mission in a foreign country to rescue girls/women who were being held against their will. On the same day, there was a front page article in the *Waukesha Freeman* about a human trafficking arrest in Waukesha. Human trafficking is a problem in all 72 counties in Wisconsin, all 50 states in the US, and in most countries of the world. SOPHIA and Plowshares are working together to educate our community and to encourage participation in stopping this horrible injustice. Ascension hosted a workshop on Saturday, April 8 presented by these two organizations. If you have an interest in learning more or in finding a way to help, contact Bob Stoll or Shirley Wehmeier.

Save the Date for the 9th Annual

Family Bike Ride

Trail Ride • 20, 30 & 50 Mile Road Rides • Picnic Lunch

Saturday September 10, 2016 (Always the first Saturday after Labor Day)

Saint Bruno Parish in Dousman, WI

Outreach for Hope
Pedal to Push Down Poverty

New This Year!
- Easier On-Line Registration Platform opens June 1
  - Virtual Rider Allows Everyone to Raise Funds
    - $25 Match for Every Registered Rider and Virtual Rider

Everyone Has a Way to Participate!
- Trail and Road Routes for the Entire Family
  - Raise Funds for Riders
    - Volunteer at the Event

Catch Ascension's Enthusiasm for Support of the Missions of

Outreach For Hope

Register to Ride

Sponsor a Rider

Make a Donation

Volunteer

Share the Fun

THE JUBILATE CHORALE AT ASCENSION

The Jubilate Chorale presents *Hope for Resolution* at Ascension on Saturday, May 21, at 7:30 pm. The concert features beautiful music with texts that point to the indomitable human spirit and offer hope for the difficult times we face. The program includes works by Mendelssohn, Brahms, contemporary composers Joan Szymko and Stephen Paulus, the well-known spiritual *Give Me Jesus*, a Swahili version of The Lord's Prayer entitled *Baba Yetu*, and John Rutter's beloved *Gaelic Blessing*. The chorale is delighted to welcome the Children's Choir of Waukesha and several area instrumentalists as special guests.

The chorale will offer an additional performance on Sunday, May 22, at 4 p.m., at Our Savior's Lutheran Church, 145 East Lisbon Road, Oconomowoc. Please see Scott Greger or Vicki Taylor for tickets or visit www.jubilatechorale.org.

GRATITUDE

TO THE PRAYER SHAWL MINISTRY

Thank you for the beautiful prayer shawl. I will use it often and think of Ascension Lutheran Church. The church has been such a blessing to me and has helped me through a very difficult time. God bless you! -- *Carol Peters*

Thank you so much for the awesome prayer shawl. I have been using it every day. It is so beautiful! -- *Dave Ludwig*

I can feel the love and prayers in the prayer shawl from our Grief Share group. What a beautiful gesture. Thank you to the dear soul that crocheted my shawl. I love the color and feel of it! God bless you all. -- *Grace Adams*

FROM NICKIE FULLER

Thank you so much for the heartfelt cards and prayers you all have been sending me. I appreciate them so much. They are beautiful, as are the people who create them. You're very talented and kind!

TONY & LESLEIGH MEMMEL ARE HITTIN' THE ROAD

Kate Memmel, Ascension Member

Yes, you read that right! Tony, Lesleigh, and their guitarist were selected as one band of ten that will be representing the United States as ambassadors in the American Music Abroad program. It is in cooperation with the U.S. Department of State.

The *Tony Memmel Trio* departs from their Nashville home base on May 1 for a brief training time and send-off concert in Washington, DC. Their first tour stop will be Brazil, followed by Panama, Uruguay, and Paraguay. Their performances and engagements will vary from beautiful professional music halls, to classrooms for students of every age, to festivals, to an orphanage. They will sing and play music, as well as speak and educate.

They are very excited to share their adventure with you all, so if you have Facebook, be sure to *like* Tony's musician page, www.facebook.com/tonymemmel/, where they hope to post along their way, depending on internet availability. You can also check in at www.tonymemmel.com.

Please keep the kids in your most positive thoughts and deepest prayers for safe travel, good health, and strong voice. God is so good…

MAY 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Cross Partnership Sunday 8:30am Worship 9:30am Coffee Fellowship 9:45am Adult Ed. S 9:45am TEA Time PR 9:45am Children's Ministry 9:45am Puppets EH 9:45am Blood Pressure N 10:45am Worship 12:30pm Confirmation Capture EH, WH 6pm CRASH S, EH, YR 6pm The Daniel Plan 107 6pm AA mtg WH 7pm AA closed mtg WH	**2** 7am Knit Wits, Offsite 9:45am Al Anon WH 5:30pm Prayer Group PR 5:30pm GABS 107 6pm Yoga EH 6:30pm AMEN 107	**3** 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 6:30pm Mission Outreach 107 7pm Mutual Ministry PR	**4** 8am Private Group PR 9am Young at Heart, Denny's 9:30am Cross Meal 11am Cloverleaf EH 12:30pm Private NR 12:30pm Women's Nurture PR 6pm Handbells S 6pm Private Group 106 7pm Wisdom AA WH 7:30pm Choir S	**5** 10am Al Anon WH 11am Cloverleaf EH 1pm Quilting at Bissett's 5:15pm Angel Choir S 5:45pm Joyful Sounds S 6:30pm JOLT EH, S 7pm Ballantyne 107	**6**	**7** 10am Mime Celebration WH, EH
8 8:30am Worship 9:30am Coffee Fellowship 9:45am Adult Ed. S 9:45am Children's Ministry 9:45am Executive Mtg. PR 10:45am Worship 6pm AA mtg WH 6pm The Daniel Plan 107 7pm AA closed mtg WH	**9** 9:45am Al Anon WH 11:30am Knit Wits, Offsite 1pm Living Letters 106 5:30pm GABS 107 6pm Yoga EH 6:30pm AMEN 107	**10** 6:30am AMEN 107 9:30am Women's Bible Study HR	**11** 8am Private Group PR 11:45am Men's Nurture 106 12:30pm Private NR 2pm Staff Mtg. 6pm Handbells S 6pm Private Group 106 6:30pm SOPHIA EH 7pm Wisdom WH, HR 7:45pm Choir S	**12** 10am Al Anon WH 10am TGBG PR 1pm Quilting at Bissett's 7pm Ballantyne 107 7pm Care Ministries Potluck EH, K 7pm Military Ministry 106	**13**	**14** 10:30am Folk Choir S
15 Pentecost/Confirmation Newsletter Deadline 8:30am Worship 9:30am Coffee Fellowship 9:45am Adult Ed. S 9:45am Children's Ministry 10:45am Worship 1pm Private Group WH 6pm AA mtg WH 6pm CRASH S, EH, YR 6pm The Daniel Plan 107 7pm AA closed mtg WH	**16** 9:45am Al Anon WH 5:30pm Prayer Group PR 5:30pm GABS 107 6pm Yoga EH 6:30pm AMEN 107	**17** 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 1pm Pastoral Assistants 7pm Council 107	**18** 8am Private Group PR 12pm Young at Heart Potluck EH, WH, K 12:30pm Women's Nurture PR 12:30pm Private NR 6pm Handbells S 6pm Private Group 106 7pm Wisdom AA WH 7:30pm Choir S	**19** 10am Al Anon WH 1pm Quilting at Bissett's 7pm Ballantyne 107	**20**	**21** 8am Plant Pick-up PL 9am Jubilate S 9am Knit Wits EH 7:30pm Jubilate Concert S
22 8:30am Worship 9:30am Coffee Fellowship 9:45am Adult Ed. S 9:45am Children's Ministry 10:45am Worship 6pm AA mtg WH 6pm CRASH S, EH, YR 6pm The Daniel Plan 107 7pm AA closed mtg WH	**23** 9:45am Al Anon WH 12pm Knit Wits WH 5:30pm GABS 107 6:30pm AMEN 107	**24** 6:30am AMEN 107 9:30am Women's Bible Study HR	**25** 8am Private Group PR 12:30pm Private NR 2pm Staff Mtg. 6pm Cloverleaf EH 6pm Private Group 106 7pm Wisdom AA WH	**26** 10am Al Anon WH 10am TGBG PR 7pm Ballantyne 107	**27**	**28**
29 9am Worship 10am Coffee Fellowship 10:45am Worship 12pm Praise Band S 6pm AA mtg WH 7pm AA closed mtg WH	**30** **Memorial Day Church Office Closed** 9:45am Al Anon WH 5:30pm GABS 107 6:30pm AMEN 107	**31** 6:30am AMEN 107 9:30am Women's Bible Study HR		**Room Key** EH = East Hall HR = Hearth Room K = Kitchen N = Narthex NR = Nursery PL = Parking Lot PR = Prayer Room S = Sanctuary WH = West Hall YR = Youth Room		