



Ascension
LUTHERAN CHURCH
ELCA
July 2016

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THE *Ascension* NEWSLETTER



Ascension
LUTHERAN CHURCH
ELCA



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MONDAY - THURSDAY

9 a.m. - 5 p.m.

FRIDAY

9 a.m. - 12 p.m.

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WHAT ARE WE TO SAY?

Pastor Chris Marien

What then are we to say about these things? If God is for us, who is against us? He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? Who will bring any charge against God's elect? It is God who justifies. Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.



These are the words of the Apostle Paul to the Christian community in Rome. They are also the words read at the June 20th funeral for our brother Fabricio.

When I sit down to plan funerals with family members, I offer this reading from Romans as one possibility but I often encourage the family to choose a reading from Jesus' own words. "I am the resurrection and the life," or "I am the way, the truth, and the life," or "in my Father's house are many dwelling places." I am hopeful they will choose a reading in which Jesus' own words speak to them. My efforts are in part because the Apostle Paul has always been a secondary figure in my faith life. However, after Monday, June 20, my opinion of Paul's words has changed.

Paul's opening question has been my question over the past weeks as our congregation, as a community and as each of us as individuals, has tried to come to terms with the loss of a beautiful young man full of life, sharing joy with every smile. "Dear God, what are we to say about these things?" I confess I am at a loss (and many of you know me to never be at a loss for words).

A Sunday sermon quoting Fabricio's own word, "hermosa" (beautiful), brought a little light to our darkness, and the visitation, funeral, and reception, as Ascension offered hospitality in ways I could only have imagined, gave me pause for a moment of deep pride in this community that lives out its brokenness through the lens of the cross of Christ. I have been grateful for countless hugs and words of comfort and prayers. It has been my desire all long to remind all of us that Jenny and Carlos, Edwin and Sarah, and Paul and Shirley deserve that compassion long before the rest of us. I stand in awe of God's presence and power through the junior high students who loved Fabricio as one of their own – how they have honored Fabricio's memory and tended to each other. I was grateful for Pastor Walter and Pastor Michelle for their ability to share the promise of God's love, their gift of interpretation of Spanish to English and English to Spanish, and for Pastor Walter's tending of a family I was unable to tend in their own language. I am also grateful for Pastor Walter's care and his tears shed at both the loss of Fabricio and the promised welcome and homecoming for Fabricio at the gates of heaven. I am thankful for the Bishop's presence to honor the family and the great gift of Pastor Angela who spoke to Jenny and Carlos as only she could, as a pastor to the Aparicio family and as a parent who has lost a child. I am so grateful for her words of faith in God and the explanation of drinking double fisted from a deep well of grief in one hand and a deep source of joy in Jesus in the other. And finally, I give thanks for Tony, who put into words the deep grief felt by Pam and myself. To hear Tony speak of Fabricio as a student he loved as his own son was in some ways too much to bear. Yet, I saw in Tony's eyes the deep love and pain for this loss and his inability to do anything but love Carlos and Jenny, Karlita, and Johnson.

Continued on pg. 4



Continued from pg. 3

It will take time for Carlos and Jenny to learn this new world where the voice of their son is no longer heard. And all of you, members of the family of Ascension, give yourselves time to honor this life and your own suffering in the midst of this loss. I have come to understand that Fabricio's death has touched our congregation in ways I did not comprehend in the days leading up to the funeral. Fabricio and his family attended the early service. Most of the junior high students on retreat and their parents attend the late service. Pam attends the late service but has been a member for her whole life. And who among you does not know Tony or myself? Where the death of any member of the church tears the fabric of the community apart – Fabricio's life and death have woven the fabric of our community all the tighter for the ways in which we have found a communal suffering in the tragic loss of this beautiful young life.

So, dear God, I ask the question again, "What then are we to say about these things?" Perhaps for now, the words are less important than the touch, the hug, the smile, the tears, the tending to the Aparicio Family and the Wehmeier family and to each other as the family of Ascension. And maybe, just maybe, in the tending, we will begin to see healing, and in the healing, we will see the glory of God.

Peace my friends, deep peace be with each of you; God's deep peace be with us all.

PASTORAL ACTS

Funerals

June 20

Fabricio Aparicio

YOUR COUNCIL AT WORK

Paul Wehmeier, Council President



At the June Council meeting, the following discussions occurred:

First, Pastor Chris gave a full and complete account of the events of the tragedy of Fabricio Aparicio's death. This report included how Ascension has and will continue to provide support for the youth, chaperones, and staff who were present. It was the consensus of the council that this is being handled in an appropriate fashion. In looking for some purpose in the middle of tragedy, the council is hoping that the issues of immigration and violence will be at the forefront of members' faith consciousness.

Second, the Council approved the Endowment Fund Committee's recommendations: funds for the Cross Lutheran Church meal program, enhancing Ascension's music program, and improving the wifi in Ascension's building.

Third, the house at 412 S Moreland Blvd. will be vacant as of July 31. Over the past months, the Council has discussed the future of this building. The Council will be reviewing all of the available information in order to make a recommendation to the congregation.

Fourth, in April, Ascension's financial statement, the year-to-date income vs. expense was -\$14,504.34. In May, it improved to -\$6839.99. We are aware that a number of members have increased their giving. We would ask that you continue to pray for guidance about your stewardship response to God's love and mercy in your life.

Finally, at June's Synod Assembly, a new bishop was elected. Paul Erickson is a native of Milwaukee and was pastor at Faith/Sante Fe Church, Milwaukee. He is bilingual, inclusive, and believes that the Church is not the building but Christians in action in the world. Please include him in your prayers.

FINANCIAL REPORT

Pattie Mueller, Treasurer

GOD IS GOOD!

A quick refresher on how to read and interpret May's financial information. The information in the second column, "May 2016 Actual," details the actual contributions/income received by Ascension and the actual bills paid by Ascension during the month of May. The information in the third column, "May 2016 Budget," is based on the annual budget that was approved last November at the Annual Meeting. Information in this column was the council's prediction of the amount of contributions/income and expenses Ascension would have in May. The fourth column with the heading "Variance to 2016 Budget" compares how Ascension actually performed against what was predicted.

By comparing May's contributions variance to the 2016 budget you will see \$2,568.14. Since there are no parentheses around this amount, the contributions/offering have a surplus this month. By comparing May's income totals variance to the 2016 budget you will see \$4,676.46 and again no parentheses. For the month of May, Ascension has a surplus in total income.

By comparing May's total expenses, variance to the 2016 budget you will see \$871.74 and no parentheses. No parentheses around dollar amounts in rows with expenses means that expenses were overspent. Mission Outreach spent more in May than was budgeted.

Mission Outreach, however, in previous months, underspent expenses, and year-to-date is still slightly underspent.

In the row labeled Surplus/Deficit, you will see \$7,664.35 and no parentheses around the number. This means that for the month of May, Ascension's contributions and other income were greater than the expenses!

In the August newsletter, a more detailed review of Ascension's financial position for the first six months of 2016 will be provided.

MAY 31, 2016 YEAR-TO-DATE

General Fund Activity	May 2016 Actual	May 2016 Budget	Variance to 2016 Budget
Income			
Contributions	\$56,693.14	\$54,125.00	\$2,568.14
Rent, Interest, other income	\$7,033.15	\$5,395.83	\$1,637.32
Restricted Income	\$3,971.00	\$3,500.00	\$471.00
Total Income	\$67,697.29	\$63,020.83	\$4,676.46
Expenses			
Communications	\$255.63	\$1,991.66	(\$1,736.03)
Facilities	\$12,489.20	\$11,519.32	\$969.88
Financial Development	\$3,832.58	\$3,756.00	\$38.77
Leadership Development	\$0.00	\$33.33	(\$33.33)
Administration	\$23,245.37	\$22,280.91	\$964.46
Caring Relationships	\$1,622.75	\$2,345.25	(\$722.50)
Joyful Worship	\$7,679.06	\$8,054.49	(\$375.43)
Mission Outreach	\$4,459.16	\$2,208.34	\$2,250.82
Spiritual Growth	\$6,449.19	\$6,971.90	(\$522.71)
Total Expenses	\$60,032.94	\$59,161.20	\$871.74
Surplus/(Deficit)	\$7,664.94	\$3,859.63	\$3,804.72
Mortgage Balance	\$699,916.05		
Restricted Funds			
Balance	\$148,543.89		
General Fund			
Balance	(\$36,634)		
Ascension Arise			
Contributions	\$5,435.00		
Restricted			
Contributions	\$0		

GRATITUDE FROM HOPE CENTER

Thank you very much for the donation of clothing. Today, we see an ever increasing need to help prevent homelessness. As the numbers of clients we serve increases, the valuable gift you have give to Hope Center will help prevent homelessness. With your continued support, we are making a difference. Our clients, volunteers, staff, and Board of Directors, thank you for your support.

Sincerely,

Ralph Zick, Executive Director



SYNOD ASSEMBLY 2016



These words were offered to the Greater Milwaukee Synod after the close of the Synod Assembly in early June. I was so struck by the power of these words; I have asked that they be shared with you so that we may all remember why our doors are open.

Dear Friends in Christ,

I imagine that I am not the only person who participated in the Synod Assembly last week who is praying that we will continue to seek discernment of what

the Spirit is saying to us in these days of challenge and opportunity. I want to remind you that June 17, 2016 is the first anniversary of the murderous violence that claimed the lives of nine members of Emanuel African Methodist Episcopal Church in Charleston, South Carolina. On that tragic night, the people of Mother Emanuel (as this historic Black congregation is affectionately called) learned how a white man had entered their church building and was welcomed by a small group gathered with their pastor for Wednesday evening Bible study. This stranger sat with them for a full hour until he took out a concealed handgun and began shooting. It is true that this man was a member of an ELCA congregation, and it is also true that on that fateful night, nine Black lives were taken.

On the first Sunday after the funeral service for Mother Emanuel's pastor, the Rev. Clementa Pinckney, I was scheduled to preach in one of the congregations of the Greater Milwaukee Synod. As I stood in the pulpit, I noticed that I was the only person of color in this church building. After reading the assigned scripture from Mark 5, this is what I said:

What's urgent for you, for our church, for our nation, and for our world? The list is long, you might say. I'll tell you this: many are crying out for healing, just like Jarius, and just like the woman who touched Jesus' garment. Many are crying out for justice, for systemic change, for more compassion toward those who live in poverty and amidst violence and broken institutions. Many are crying out for equal opportunities for education, for economic advancement, for citizenship, for the right to marry the person they love. What's urgent for you?

The events of the last two weeks have taught us a lot about the power of open doors. Open doors let a killer into the church, but this act of terror did not become a victory for Satan, a victory for hatred, or a victory for racism. It is becoming a victory for grace. Grace has moved

people to forgive. Grace has moved politicians to change their minds. Grace has moved Lutherans to again admit that the battle for peace and justice is not over. Grace has shown our church that we are more connected to one another than we ever imagined. Grace has allowed us to see what we didn't see before — in ourselves and in others. Maybe what's most urgent for us is simply to look more deeply at what it means to open doors. Yes, when you don't really know someone, open doors bring risk. But this is the first thing we must do in ministry. The walls may want to define who and where we are, but our open doors remind us of who and what we are becoming.

Open doors are a symbol of what our ministries need to communicate with integrity and steadfastness. How do open doors, open hearts, and open minds characterize the life of this synod? How are energizing words proclaimed and heard among us, energizing words that expand our perspective beyond the things we have (beyond our problems, beyond our prideful achievements), and elevate our attention toward the wonders of what we have been promised and what we are about to receive? Coretta Scott King once said, "Freedom is never really won; you earn it and win it in every generation." In this season of transition in our church and in our democracy, amidst our various optimisms and frustrations, how will our freedom in Christ open us to the transforming power of God in our midst? As we engage the urgencies all around us, we cannot allow the walls we create, consciously or unconsciously, to define our life together as the Greater Milwaukee Synod.

I urge you in the coming days and months to consider again the power and promise of open doors. Remain open to the things that make for peace, the things that keep hope alive, and the things that show the world — especially in the midst of frustrations, fear, and despair — that we are a people called to be transformed by the redeeming love of Christ. Find the will to open some new doors so that by the grace of God we can take hold of what God has promised to make known among the people of this synod. Honor the witness of Mother Emanuel. Ask God to renew the faith and courage we all need to open our eyes and recognize a new vision that revives and renews the ministries of this synod!

Your brother in Christ,

The Rev. Dr. Harvard Stephens Jr., Pastor and Dean of the Chapel, Lutheran School of Theology at Chicago

SUMMER HYMN FESTIVAL

Vicki Taylor, Director of Music Ministries

Shout for joy to the Lord, all the earth, burst into jubilant song with music; make music to the Lord with the harp, with the harp and the sound of singing, with trumpets and the blast of the ram's horn-- shout for joy before the Lord, the King. --Psalm 98:4-6

While I can't promise a harp and a ram's horn, there will definitely be jubilant song and the sound of singing! On Sunday, August 21, at the 9 a.m. service, we will begin worship with a hymn festival of your favorites. We will begin singing at 8:50 and continue throughout the service. Various instruments will enhance our worship that day, along with the organ and piano. You are invited to submit suggestions via email to vicki@ascensionelca.org or write them on a blue prayer card with the label "Hymn Sing" and place them in the offering plate by July 15.

Sing a new song and make a joyful noise on August 21!



PUPPETS OF PRAISE

Cheryl Anspach, Ministry Leader

RECORDING & EDITING SKITS FOR PUPPETS

Want to try voice acting or editing skits with sound effects? This summer, Puppets of Praise has sessions open to students entering 6th-12th grade to try both. Join us for any of the Tuesday sessions, from 6-8 p.m., in East Hall.

July 12	Voice acting and recording skits
July 19	Learn to edit skits, bring laptop if you have one
July 26	Voice acting and recording skits
Aug 9	Learn to edit skits, bring laptop if you have one

Any questions, please contact Cheryl Anspach at puppetsofascension@gmail.com.



PRAYER TEAM

Bonnie Thiesenbusen, Ministry Leader

The warm days of summer are upon us. Vacation plans are in high gear. Even a walk in the park is a pleasurable experience. Don't we wish life was always a pleasurable experience! Many times it is not. Life can be hard. Many of us, maybe even you, have gone through a time of great challenge and found that the hoped for and expected "walk in the park" turned into a "walk with Jesus" instead. And during this trust walk with your Savior, you learned something that we all hope and pray for - a closer relationship with your Lord, a profound outpouring of love that many would say made the challenges and hard times all worthwhile.

The Prayer Team wants to hear your stories, and we want to assemble them into an Advent devotional. Please limit your story to one page, and don't worry about spelling and punctuation. We will edit them for you. You are important; your story is important. Your experiences may be inspirational to someone who is walking through tough times. Thank you ahead of time! We would like to have your stories by the end of September.

The Prayer Team is also looking for families or individuals willing to make a commitment to regularly pray for a high school or college student. More than ever, they need our prayers! As soon as you make your commitment, we will get a name to you, and hopefully, their picture. We would also like to send them your name and (picture?) so they can see who is regularly praying for them.

Again, thank you! Ascension Church is a special caring place! Please send your faith stories and prayer commitments to the church office and they will be forwarded to Bonnie T.



JOLT ADVENTURE CAMP 2016



*In loving
memory of
Fabricio
Aparicio*



CRASH: SENIOR TOWELING 2016





CARE MINISTRIES

Brenda Lytle, RN, Director of Care Ministries

UPCOMING CARE MINISTRY EVENTS

Red Cross Babysitting Training in August

Classes will be offered this summer for teens and pre-teens ages 11-years-old and older to be certified for babysitting. The classes are Aug. 15 or 17. One full-day class is required to be certified. Class runs from 8:30 a.m.-3 p.m., in East or West Hall. Cost is \$35, which includes lunch, Red Cross certification, and all course materials. Class size is limited to ten students each day, so sign up now on the Care Ministry bulletin board or contact Brenda Lytle, brenda@ascensionelca.org.

GriefShare, DivorceCare, and DivorceCare 4 Kids Programs Coming!

This fall, Care Ministries will again run DivorceCare and DivorceCare 4 Kids (DC4K) to help those in our congregation and in our community who have experienced divorce. The program is structured to help families who are dealing with all aspects of divorce. We also plan to offer another GriefShare session for people who are grieving the loss of a loved one. Death and divorce are both times of struggle in our personal lives. Even Christians who have a solid faith need ongoing comfort and encouragement during these difficult periods.

These programs are facilitated by and through leaders, videos, workbooks, music, crafts, and activities that address grief in a Biblical context along with ongoing support and discussion groups. Each program is 12 weeks and will be on Tuesday evenings starting Sept. 13, from 6-8 p.m. DivorceCare programs will be held in the Spiritual Growth Wing and GriefShare will be held in the Youth Room. If you, a family member, or a friend would like to join one of these programs, please contact Brenda Lytle at 262-547-8518 or brenda@ascensionelca.org.

Meal Donation Opportunity

Imagine a single parent rushing home from work, picking up their child or children from daycare, rushing home to feed them, and trying to get to a meeting by 6 p.m. on Tuesday nights.

Imagine the recent loss of a spouse and a newly single adult trying to make a meal for one, night after night in the midst of grief...

Once again Care Ministries would like to help people in these situations on Tuesday nights. Participants in our 2015 DivorceCare programs were very appreciative of a nice meal so they didn't feel rushed as they came to attend our programs. Care Ministries would like to give families that gift again this fall. It is also nice to provide fellowship and companionship to our GriefShare participants as they often feel lonely in their grief.

Care Ministries is again asking groups at Ascension to volunteer to provide and serve a meal on a Tuesday evening for DivorceCare, DC4K, and GriefShare. The programs are 12 weeks long and meals will be served in West Hall, at 5:30 p.m., on Tuesday nights, starting Sept. 13. The meals can be as simple as pizza or subs. Please contact Brenda Lytle, RN, Director of Care Ministries if this is an opportunity you would like your group to help with, brenda@ascensionelca.org.

NEW Cancer Care Ministry

If you or a loved one have been dealing with cancer, Ascension will be starting a new program designed to help support and walk alongside members with a cancer diagnosis. Training for ministry leaders will take place this fall. More information to come on this new and important ministry.

COOK-OUTS AFTER WORSHIP

The AMEN Men's Ministry and Supermoms are hosting cookouts after the July 3 and Aug. 7, 10:45 a.m. outdoor worship services. Everyone is welcome to enjoy hamburgers, hot dogs, brats, and all the fixings. Invite your friends for lunch and enjoy some good food. We'll see you at the grill!



KNIT WITS: USO BABY SHOWER

The Knit Wits are busy knitting and crocheting baby blankets, hats, and other baby items for the Wisconsin USO's first USO Baby Shower. The shower is Aug. 13, so we have all of July to make more blankets! If you want to donate a blanket or two, or clean yarn (baby colors only), contact Maddie Goetter, 262-527-4013.

Thanks to Joan Birner for a LOT of donated yarn and several baby blankets; to Kay Stone for yarn; to Sandy Poliak for the gorgeous baby blanket/wall hanging, blankets, and sweaters; to the Baptismal Blanket Ministry for their blanket donation; and to the anonymous donor who dropped off several more blankets.



WOMEN'S RETREAT: RELAX, REFLECT, RENEW

Retreat with the women of Ascension October 21-23, 2016, at Camp Timber Lee, in East Troy, WI. The cost is \$150 (includes lodging, meals, and activities). Registration is now open! A \$60 deposit is due when you register. All women over the age of 18 are welcome. Bring a sister, daughter, friend, parent, or grandparent. Activities include hiking, zip-lining, hayrides, campfires, bobbing for apples, crafts, group devotionals, a night hike, games, small group time, and personal reflection and devotion time. You choose your activities. For more information, contact: Ileen Marien: ileenmarien@gmail.com or Danielle Rintala: danielle.rintala@gmail.com. You can find an itinerary, registration form, and more information online at www.ascensionelca.org/events/womens-retreat-2016/.



SPIRIT SPINNERS RELAUNCHED

Ascension's Bob Stoll will lead family bike rides on the paved Glacial Drumlin Trail on the 2nd and 4th Sunday of July and August. Meet at Sunset Park (just west of Sunset and Merrill Hills Road) at 1:30 p.m. on July 10 and 24 and Aug. 14 and 28. Contact Bob Stoll at 708-557-1564 or bobstollathome@yahoo.com to be added to the notification list.

Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint. ~ Isaiah 40:31



SPECIAL FRIENDS

Special Friends had an awesome time bowling last month. Sunset Bowl always works with us to ensure everything goes smoothly; they are special friends to us. Several friends had record scores and there was some friendly competition in addition to lots of cheering, laughing, and snacks.

As I discussed last month, “Learning to love people who are different from us is a challenge. It requires us to grow in understanding, wisdom, and acceptance.” So, we will continue to explore the many different abilities people in our congregation and around the world experience.

This month’s topic is cerebral palsy or CP. According to the CP website (www.cerebralpalsy.org) and the National Institute of Neurological Disorders and Stroke (www.ninds.nih.gov/disorders/cerebral_palsy/cerebral_palsy.htm), CP is a blanket term commonly described by loss or impairment of motor function. CP is actually caused by brain damage. CP permanently affects the part of the brain (cerebrum) that controls muscle movements. The brain damage is caused by brain injury or abnormal development of the brain that occurs while a child’s brain is still developing — before birth, during birth, or immediately after. A small number of children have CP as the result of brain damage in the first few months or years of life, brain infections such as bacterial meningitis or viral encephalitis, or head injury from a motor vehicle accident or a fall.

Signs and symptoms of CP may not always be apparent at birth. Symptoms include exaggerated reflexes, floppy or rigid limbs, and involuntary motions. The most common symptoms are a lack of muscle coordination when performing voluntary movements (ataxia); stiff or tight muscles and exaggerated

reflexes (spasticity); walking with one foot or leg dragging; walking on the toes, a crouched gait, or a “scissored” gait; and muscle tone that is either too stiff or too floppy. Other neurological symptoms that commonly occur in individuals with CP include seizures, hearing loss and impaired vision, bladder and bowel control issues, and pain and abnormal sensations.

About two to three children out of every 1,000 have CP, but the condition can be managed and individuals with CP can live a long, healthy, and quality life. CP can’t be cured, but treatment will often improve a child’s capabilities. In general, the earlier treatment begins, the better chance children have of overcoming developmental disabilities or learning new ways to accomplish the tasks that challenge them. Early intervention, supportive treatments, medications, and surgery can help many individuals improve their muscle control. Treatment may include physical and occupational therapy; speech therapy; medications to control seizures, relax muscle spasms, and alleviate pain; surgery to correct anatomical abnormalities or release tight muscles; braces and other orthotic devices; wheelchairs and rolling walkers; and communication aids such as computers with attached voice synthesizers.

Many people have reservations or insecurities about how to interact with individuals with a disability. This sparked the concept behind the Cerebral Palsy Foundation’s new movement, coined the “Just Say Hi” campaign (www.cerebralpalsyguide.com/blog/just-say-hi-campaign-cp/). So, the next time you see any of us from Special Friends just say “Hi” and I bet you will get an excellent response and a smile.

Therefore encourage one another and build one another up, just as you are doing. ~ 1 Thessalonians 5:11

A TASTE OF THE DANIEL PLAN

Steve and Carol Spieker, The Daniel Plan Leaders

A common remark that people often make when considering a transition to a healthier lifestyle is, “It’s so expensive!” Well, they’re right to a certain degree in that it is more expensive to buy good quality, nutrient dense food...but then again, so is going to the doctor and filling prescriptions to deal with a long list of lifestyle diseases brought on by poor eating habits.



While it may be true for some people who truly can’t afford more expensive food, our belief is that the cost excuse is just another obstacle put up to resist change. Recently, The Daniel Plan blog posted “27 Tips to Stretch Your Grocery Budget.” We posted the complete list on the Ascension Church – Daniel Plan Facebook page, but we wanted to highlight a few for handy reading.

A lot of stretching your budget boils down to knowing WHERE to shop and WHAT to buy. We spend time throughout the Daniel Plan six-week study discussing those things. As an example, it’s common knowledge organic produce is more expensive than conventional produce. A lot of produce should be purchased organically because of the toxic load conventional produce carries. There is a list entitled the “Dirty Dozen” that shows which items should be purchased organically. There is also a list entitled the “Clean 15” that shows items conventionally farmed that are safe to eat. These are available online with a simple Google search. Knowing the difference will help stretch your budget.

Consider lower cost protein sources as another way to stretch your dollars. Eggs are an inexpensive and versatile protein source. Even pasture-raised eggs at \$5 per dozen are far cheaper than good quality meat. Beans are also overlooked as protein sources. They are great sources of plant based proteins and cost pennies per serving.

Many people waste enormous amounts of money on worthless prepared beverages including sodas, fruit juices, prepared tea drinks, etc. Switching to water, which costs next to nothing, will free up resources that can be used for better quality items. Water is a much better choice for hydrating your body and you can further enhance its properties by infusing it with fruits and vegetables.

Many families dine out one or more times of week. Think about how much you spend for a dinner out. It doesn’t take much for a family of four to rack up a \$50 bill. Consider how far that same amount of money would go toward buying healthier food. You could easily make three or more healthy meals at home for what you spend to go out.

Last but not least...watch for sales. It is not uncommon for us to throw eight or ten organic chicken breasts on the grill when we find them on sale. We keep the cooked chicken breasts in our freezer and use them for quick protein additions to salads, scrambled eggs, or soups. Recently, we found organic cucumbers on sale for 3/\$1. We stocked up and had a cold cucumber soup, cucumber salad, and infused cucumber lemon water.

These are just a couple of tips to get you started. To start your journey to health, go to www.danielplan.com or <http://danielplan.com/healthyhabits/under-a-brick> to check out our suggested recipe for this month.

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.



OUTREACH FOR HOPE BIKE RIDE

SIGN UP . . . SUPPORT . . . SHARE . . .

Three simple steps are all that is necessary to take part in the 9th Annual Outreach for Hope Family Bike Ride on Saturday, Sept. 10, 2016, at St. Bruno Parish, in Dousman. *Sign up* now and *support* the bike ride at www.ofhbikeride.com. Then *share* the fun with others by emailing your friends a link to the website and inviting them to participate with you. Riders of all ages are invited and encouraged to join. Brennan's Market of Oconomowoc/Brookfield and Pavement Consulting of Delafield are teaming up to co-sponsor an Action Challenge by donating \$25.00 for the first 300 registered riders or virtual registrations! That's an additional \$7,500 for OFH!

Not able to ride a bike? Join in the support or virtual portion of this event and make a donation to Outreach for Hope, or volunteer to assist that day at www.ofhbikeride.com. Check out the *Volunteer Registration Button* on the registration page to be part of the fun while assisting with setting up, serving lunch, manning the rest stops, clean-up, and more.

During an average week, 4,767 meals and food bags will be shared in congregations and ministries supported by donations to Outreach for Hope. Your gift of a donation and/or volunteering will enrich the lives of many as Outreach for Hope supports the work of 19 ministry sites in Southeastern Wisconsin! The need is great . . . the rewards are priceless!



SOPHIA TO DISCUSS PUBLIC TRANSIT

Join the SOPHIA Task Force for a no-cost sloppy joe supper and conversation about public transportation needs in Waukesha County, on Tuesday, July 12, 5:30-7 p.m., at First United Church of Christ, 100 E. Broadway, Waukesha.

SOPHIA, a faith-based advocacy organization in Waukesha County, invites you to discuss public transportation in Waukesha County.

- Are your transportation needs being met?
- What ideas do you have to improve service?
- What would a robust, integrated, multi-modal, transportation system in Southeast Wisconsin look like?

This discussion will help the SOPHIA Transit Task Force dialogue with other individuals, agencies, and public officials to stimulate creative and effective efforts to improve public transportation in Waukesha County and ultimately, Southeast Wisconsin. You may also share your transit comments online at tinyurl.com/WiTransitStories. For more information, contact Barbara, 414-841-2762.



Photo from JSonline.com

IN OUR OWN BACKYARD: FEED THE KIDS

Summer is here and the Feed the Kids program has begun. Our local kids receive a noon lunch at the park since they are not at school and do not have access to school lunch programs. Sally Graser is the coordinator of the program at the Salvation Army. We make anywhere from 175 to 200 sandwiches per day, Monday through Friday. The program needs donations of peanut butter, jelly, snack items (animal crackers, fishes, applesauce, pudding cups, cookies, juice boxes) or whatever you think would be nutritious. Come see for yourself and volunteer. Call the Salvation Army (located 445 Madison St., Waukesha) at 547-7367 to arrange a time. Monetary donations are always welcome; please contact Donna Savin or send a check directly to the Salvation Army noting Feed the Kids on the memo line.

JULY 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
Room Key CY = Court Yard 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					1	2
3 9am Worship 10am Coffee Fellowship 10:45am Outdoor Worship 11:45am AMEN BBQ WH, CY 6pm AA mtg WH 7pm AA closed mtg WH	4 Independence Day Office Closed 9:45am AI Anon WH	5 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 6:30pm Mission Outreach 107	6 8am Private Group PR 9am Young at Heart, Denny's 9:30am Cross Meal 12:30pm Women's Nurture PR 6pm Private Group 106 7pm Wisdom AA WH	7 10am AI Anon WH 10am TGBG PR 7pm Ballantyne 107	8	9
10 9am Worship 9:45am Exec Mtg. PR 10am Coffee Fellowship 10:45am Worship 12pm JOLT EH, WH, HR 6pm AA mtg WH 7pm AA closed mtg WH	11 9:45am AI Anon WH 1pm Living Letters 106	12 6:30am AMEN 107 9:30am Women's Bible Study HR 6pm Puppets EH	13 8am Private Group PR 11:45am Men's Nurture 106 6pm Private Group 106 7pm Wisdom WH, HR	14 10am AI Anon WH 7pm Ballantyne 107	15 Newsletter Deadline	16
17 9am Worship 10am Coffee Fellowship 10:45am Worship 6pm AA mtg WH 7pm AA closed mtg WH	18 9:45am AI Anon WH 5:30pm Prayer Group PR	19 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 6pm Puppets EH 7pm Council 107	20 8am Private Group PR 12pm Young at Heart Potluck EH, WH, K 12:30pm Women's Nurture PR 2pm Staff Mtg. PR 6pm Private Group 106 7pm Wisdom AA WH	21 10am AI Anon WH 10am TGBG PR 7pm Ballantyne 107	22	23
24 9am Worship 10am Coffee Fellowship 10:45am Worship 6pm AA mtg WH 7pm AA closed mtg WH	25 9:45am AI Anon WH 12pm Knit Wits WH	26 6:30am AMEN 107 9:30am Women's Bible Study HR 6pm Puppets EH	27 8am Private Group PR 6pm Private Group 106 7pm Wisdom AA WH	28 10am AI Anon WH 7pm Ballantyne 107	29	30
31 9am Worship 10am Coffee Fellowship 10:45am Worship 12pm Praise Band S 6pm AA mtg WH 7pm AA closed mtg WH						