



*Ascension*  
LUTHERAN CHURCH  
ELCA  
August 2016

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

1415 DOPP STREET  
WAUKESHA, WI 53188-4997  
**CHANGE SERVICE REQUESTED**



## What's in the *August* newsletter

Love is Stronger Than Hate .....	3	Women's Retreat.....	10
Pastoral Acts .....	3	Forget Me Not: Elmer Sedivy.....	11
Your Council at Work.....	4	Young at Heart .....	11
Results Are In: Communications Survey .....	4	Small Group Fall Campaign .....	12
Financial Report .....	5	Gratitude .....	12
Hymn Festival August 21.....	6	Cross Lutheran Church Partnership .....	13
Music Ministry Updates for Fall .....	6	A Letter from Pr. Lema.....	13
CRASH: Adventure Trip 2016.....	7	Maize and Beans Campaign.....	13
Nursery Staff Needed .....	8	Want Ad: Mt. Meru Coffee Project.....	14
Prayer Team & Devotional .....	8	El Salvador Partnership .....	14
Care Ministries: Outdoor Meal Safety .....	8	Refugee Ministry: Aparicio Family .....	15
Classes & Blood Drive .....	9	Outreach for Hope Bike Ride .....	15
GriefShare, DivorceCare, & DC4K.....	9	In Our Own Backyard .....	16
Meal Donation Opportunity.....	9	Little Free Library.....	16
SOS Angels .....	9	Coffee Time .....	16
Cancer Care .....	9	BackPack Coalition .....	16
H.O.P.E. Ministry .....	10	Gratitude .....	16
Christian Music Line Dancing .....	10	A Taste of The Daniel Plan.....	17
Yoga Fans.....	10	August 2016 Calendar .....	18

# THE *Ascension* NEWSLETTER



*Ascension*  
LUTHERAN CHURCH  
ELCA



(262) 547-8518



[admin@ascensionelca.org](mailto:admin@ascensionelca.org)



[facebook.com/ascensionlutheran](https://facebook.com/ascensionlutheran)



[www.ascensionelca.org](http://www.ascensionelca.org)



1415 Dopp Street  
Waukesha, WI 53188



**MONDAY - THURSDAY**

9 a.m. - 5 p.m.

**FRIDAY**

9 a.m. - 12 p.m.

## CHURCH COUNCIL & MINISTRY TEAM LEADERS

### EXECUTIVE STAFF

#### Pastor

Rev. Christian W. Marien  
[PC@ascensionelca.org](mailto:PC@ascensionelca.org)

#### Pastor

Rev. Angela T. Khabeb  
[PA@ascensionelca.org](mailto:PA@ascensionelca.org)

#### Director of Administration

Amy Gilgenbach  
[Admin@ascensionelca.org](mailto:Admin@ascensionelca.org)

#### Director of Care Ministries

Brenda Lytle, RN  
[Brenda@ascensionelca.org](mailto:Brenda@ascensionelca.org)

#### Director of Faith Formation

Tony Acompanado  
[Tony@ascensionelca.org](mailto:Tony@ascensionelca.org)

#### Director of Music Ministries

Vicki Taylor  
[Vicki@ascensionelca.org](mailto:Vicki@ascensionelca.org)

### SUPPORT STAFF

#### Administrator for Joyful Worship and Spiritual Growth

Amy Stryker  
[AmyS@ascensionelca.org](mailto:AmyS@ascensionelca.org)

#### Administrator for Caring Relation- ships and Mission Outreach

Kate Mattson  
[Kate@ascensionelca.org](mailto:Kate@ascensionelca.org)

#### Nursery Staff

Carli Boyer  
Rachel Stemper

#### Wedding Coordinator

Lauri Eckmann  
[LEckmann@wi.rr.com](mailto:LEckmann@wi.rr.com)

### MUSIC STAFF

#### Praise Band Leader

Ben Janzow [Ben\\_janzow@yahoo.com](mailto:Ben_janzow@yahoo.com)

#### Folk Choir Leader

Ray Kinney [Raywk2003@yahoo.com](mailto:Raywk2003@yahoo.com)

#### President

Paul Wehmeier  
[paulkw@wi.rr.com](mailto:paulkw@wi.rr.com)

#### 1st Vice-President

Cynthia Carlson  
[cynthiac1966@live.com](mailto:cynthiac1966@live.com)

#### 2nd Vice-President

Craig Greenwood  
[ctgreenwood1@att.net](mailto:ctgreenwood1@att.net)

#### Secretary

Marcy Schaefer  
[marcymyschaefer@yahoo.com](mailto:marcymyschaefer@yahoo.com)

#### Treasurer

Patti Mueller  
[mombski@aol.com](mailto:mombski@aol.com)

#### Members-at-Large

Alan Gilgenbach [al@gilgenbach.net](mailto:al@gilgenbach.net)  
Bryn Kirk [brynkirk@gmail.com](mailto:brynkirk@gmail.com)  
Becky Klotz [becky.klotz23@yahoo.com](mailto:becky.klotz23@yahoo.com)  
Roger Nordberg [rbnordberg@gmail.com](mailto:rbnordberg@gmail.com)  
Jeremy Poling [polingi@alumni.msoc.edu](mailto:polingi@alumni.msoc.edu)  
Cathy Rapp [catherinerapp@sbcglobal.net](mailto:catherinerapp@sbcglobal.net)

#### Director of Ministries

Kelly Hoeg [khoeg@wi.rr.com](mailto:khoeg@wi.rr.com)

#### Director of Operations

Peter Laper  
[Peterlaper@gmail.com](mailto:Peterlaper@gmail.com)

# LOVE IS STRONGER THAN HATE

*Pastor Angela Khabeb*

Dear Sisters and Brothers,

Recent events in our congregation, community, country, and around the world have provided us with ample cause for despair. At times, it may feel as if we are inundated with negativity or surrounded by loss. We look around and see broken relationships, unemployment, natural disasters, increased violence, terrorism, division, and hatred. At dismal times like these, words escape me. Some days I resonate with Paul's letter to the church at Corinth: "We are troubled on every side, yet not distressed; perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed" (2 Corinthians 4:8-9). I remind myself that life's journey is complicated and no one is exempt from pain, heartbreak, or grief. Conversely, we all experience joy, kindness, and peace. Laughter and tears will always be part of the human condition, but when midnight settles in on us, the sun is shining on others. Yes, storms are to be expected. But even snow from the fiercest blizzard must eventually yield to the faithfulness of flowers. Rest assured. Our God is still the Alpha and the Omega, the beginning and the end. Sorrow cannot eclipse God's promises. Neither can our greatest joys limit the scope of God's activity.

Even when our hearts are overwhelmed by doubt or anxiety, we can rest on God's promises that will endure forever and we can trust God's word that will not return empty (Isaiah 55:11). In especially challenging times, we can trust God's promise 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" (Romans 8:38-39). Trusting in God's faithful presence we have hope. If we look closely, even in our most difficult times, we can see God's hand - the hidden hand of God. The more we look for God, the more we will find God. The more we listen for God's voice, the more we will hear the call. Through the baptismal waters, the risen Christ calls us to faith and love. Sisters and brothers, let's encourage one another in faith and love. It is through faith and love that people in a broken and hurting world will wonder why we are different, and they will be drawn to the ministry of Ascension and to the mercy of God.

The Archbishop Desmond Tutu proclaims, "Goodness is stronger than evil; Love is stronger than hate; Light is stronger than darkness; Life is stronger than death; Victory is ours through God who loves us."

Pray with me: Good and gracious God, Thank you so much for your constant presence. Teach us to trust in your promise to never leave us nor forsake us. Strengthen us to turn to you in times of tragedy and sorrow. Encourage us to reject apathy in times of comfort and peace. Fill us with the power of your Holy Spirit so that we can glorify you. In Jesus' name. Amen



## PASTORAL ACTS

### Funerals

June 1	Judy Ewell
July 5	Andrew Frey
July 20	Lorraine Birner
July 27	Elmer Norris

### Baptisms

July 3	Quinn Kandziora
July 10	Londyn Walker
July 31	Gregory Schraufnagel





## YOUR COUNCIL AT WORK

### WHAT TALENTS DID GOD PLACE IN YOU?

*Paul Webmeier, Council President*

Are you an idea person? Can you take an idea and develop an action plan? Do you like to work with your hands? Are you good at following a work plan? Are you an encourager of others? Are you a prayer warrior? Do you have the gift of hospitality?

All talents are needed in the body of Christ, the Church, and Ascension. Please pray on this. Please consider talking with the Wing Leaders to offer your talents to further the ministries of God's Church.

At the July council meeting, we were again blessed to have a respectful exchange of ideas about what is best for God's little flock here at Ascension. In a world where we experience polarization and an unwillingness to listen and understand ideas other than our own, this experience is encouraging and bodes well for our future.

The council reviewed Mike Jahner's fact-finding report about continuing lawn maintenance through a vendor or doing it with a group of church members. The decision was made to continue with an outside service

because it is more cost effective long term. We thank Mike for his expertise on this.

Jeremy Poling reported on his initial findings regarding utility use. These findings indicate that, with additional work, the congregation should be able to achieve a goal of reducing utility expenditures by \$1000 per year.

In the middle of tragedy, God brings out the best in us. Ascension, as God's family, once again gave evidence of this. Many people in the community witnessed this at Fabricio Aparicio's death and funeral. This was again observed at the healing/grieving session on July 10. This was attended by family members, students who participated in the JOLT trip, their parents, staff, and chaperones. We thank Pastor Angela for organizing this. We will continue to watch over our teenagers who experienced this tragic event and the family who suffered such a great loss.

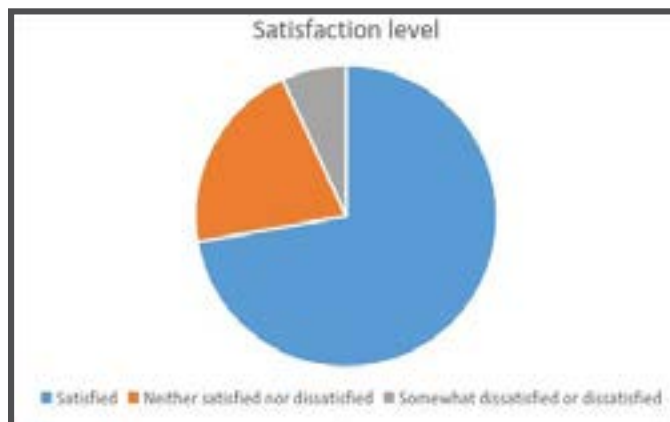
As always, please feel free to contact any council member with questions, concerns, or ideas.



## RESULTS ARE IN: COMMUNICATIONS SURVEY 2016

*Amy Gilgenbach, Director of Administration*

Thank you to everyone who participated in our recent communications survey. With 73 responses, about 10% of adults in the congregation participated. Almost all were members and many attend weekly and participate in Bible study or other church programs. The majority of respondents were between the ages of 65-74. The survey was available online and in paper and about half of the responses were from paper forms.



- 73% were satisfied with communications from Ascension
- 21% were neither satisfied nor dissatisfied
- 7% were somewhat dissatisfied or dissatisfied

*Continued on pg. 5*

*Continued from pg. 4*

The most-used forms of communications were (in descending order): pastors' announcements, bulletin announcements, the e-alert, and the online newsletter. Interestingly, respondents were equally split and diametrically opposed on the mailed newsletter: 48% always read it and 48% never read it.

In the newsletter, the most read articles/information were (in order): pastors' articles, event briefs, thank you letters, council news, finances, membership, care ministries, the calendar, mission outreach and small groups. Ninety-three percent said they were looking for event information; 83% articles about Ascension (council, finances, membership, etc.), 66% Care Ministries, 64% faith articles, 62% Spiritual Growth articles, 58% worship articles, and 49% Mission Outreach articles.

Some helpful information was gained regarding the e-alert. More than one person asked for shorter notices in the e-alert for better readability. Consequently, we've made minor changes to shorten information in the e-alert. If necessary, more information is available with the click of a button that takes people to our website.

On the non-communications questions: 53% of respondents have taken advantage of Children's Ministries or Adult Education between services and 66% would not be interested in a kiosk in the lobby for donations or registration fees.

For more a more in-depth look at the survey, please see [ascensionelca.org/membership/communication-survey-2016/](http://ascensionelca.org/membership/communication-survey-2016/).



## FINANCIAL REPORT

### JUNE, 2016 YEAR-TO-DATE

General Fund Activity	June 2016 Actual	June 2016 Budget	Variance to 2016 Budget
<b>Income</b>			
Contributions	\$42,849.46	\$44,025.00	\$(1,175.54)
Rent, interest, other income	\$4,113.43	\$3,720.83	\$392.60
Restricted Income	\$(1,722.00)	\$3500.00	\$(5,222.00)
<b>Total Income</b>	<b>\$45,240.89</b>	<b>\$51,245.83</b>	<b>\$(6,004.94)</b>
<b>Expenses</b>			
Communications	\$1,735.20	\$1,991.66	\$(256.46)
Facilities	\$13,012.55	\$7,058.32	\$5,954.23
Financial Development	\$3,831.13	\$3,756.00	\$75.13
Leadership Development	\$0.00	\$33.33	\$(33.33)
Administration	\$22,317.32	\$22,280.91	\$36.41
Caring Relationships	\$2,068.21	\$2,345.25	\$(277.04)
Joyful Worship	\$7,748.90	\$8,054.49	\$(305.59)
Mission Outreach	\$2,000	\$8,208.34	\$(6,208.34)
Spiritual Growth	\$7,053.66	\$7,046.90	\$6.76
<b>Total Expenses</b>	<b>\$59,766.97</b>	<b>\$60,775.20</b>	<b>\$(1,008.23)</b>
<b>Surplus/(Deficit)</b>	<b>\$(14,526.08)</b>	<b>\$(9,529.37)</b>	<b>\$(4,996.71)</b>
<b>Mortgage Balance</b>	<b>\$698,507.63</b>		
<b>Restricted Funds Balance</b>	<b>\$164,978.00</b>		
<b>General Fund Balance</b>	<b>\$(36,634)</b>		
<b>Ascension Arise Contributions</b>	<b>\$4,946.66</b>		
<b>Restricted Contributions</b>	<b>\$0</b>		

*Pattie Mueller, Treasurer*

For the month of June, actual contributions were slightly below budget. Actual total income for the month was below budget.

In June, Ascension had \$5,900 in repair/maintenance expenses to the HVAC system. Even with this unplanned expense, the actual total expenses were below budget.

The staff continues to do a great job of managing expenses; however, in June, Ascension experienced a deficit; the contributions and total income were less than total expenses.

Due to unforeseen circumstances, a review of Ascension's year-to-date financials is not included in this month's newsletter; however, the year-to-date review will be included in the September newsletter.

*One gives freely, yet grows all the richer.  
Proverbs 11:24*





## HYMN FESTIVAL AUGUST 21

*Vicki Taylor, Director of Music Ministries*

Ascension's Summer Hymn Festival will take place in worship at 9 a.m., on Sunday, Aug. 21. We will begin singing at 8:45 and continue throughout the service. *Shout for joy before the Lord, the King* (Psalm 98:6). Invite a friend!

## MUSIC MINISTRY UPDATES FOR FALL

"Music is a fair and glorious gift of God," writes Martin Luther. I invite you to consider ways in which you can unwrap the *fair and glorious gift* of music that is within each of you. Luther further writes, "This precious gift has been given to man alone that he might thereby remind himself that God has created man for the express purpose of praising and extolling God."

The gift of music lies within each one of us and Ascension's Music Ministry offers many opportunities for individuals to express and share that gift. Making music offers refreshment for the spirit, especially in the midst of busy lives and difficult days. All are warmly invited and encouraged to participate. Email [vicki@ascensionelca.org](mailto:vicki@ascensionelca.org) with questions or to sign up.

### Ascension Choir

- Wednesdays, 7:30-8:45 p.m., Sanctuary; begin Sept. 7
- Grade 9-adult
- Sing and lead in worship at the 8:30 service approximately three Sundays/month and for festival/special worship services
- Enjoy fellowship with other choir members

### Ascension Ringers (Handbell Choir)

- Wednesdays, 6-7:15 p.m., Sanctuary; begin Sept. 7
- Grade 9-adult
- No previous handbell experience required
- Ability to read music
- Ring in worship approximately once/month and for festival/special worship
- Enjoy fellowship with other ringers

### RETURNING! Handbell Workshop

- Thursdays (3 sessions), 6:45-7:30 p.m., Sanctuary; Sept. 15, 22, 29
- All ages
- No prior experience in reading music or ringing handbells - come and give it a try!

### Angel Choir

- Thursdays, 5-5:30 p.m., Music Room; begin Sept. 15
- Grades K-3
- Sing in worship approximately every 4-6 weeks
- Reinforce faith learning through song
- Learn to ring handchimes
- Experience the joy of making music together

### Joyful Sounds Choir

- Thursdays, 5:30-6 p.m., Sanctuary; begin Sept. 15
- Grades 4-8
- Sing in worship approximately once/month
- Reinforce faith learning through song
- Grow in music reading skills and use of singing voice
- Experience the joy of singing together

### NEW! Youth Handbells

- Thursdays, 6-6:30 p.m., Sanctuary; begin Sept. 15
- Grades 4-8
- No previous experience necessary
- Have fun with others while learning something new!

### Folk Choir

- Saturday morning, once/month, 10:30 a.m.-12 p.m.; schedule TBA
- Lead worship at the 8:30 service once/month
- Singers and instrumentalists
- Explore world and folk music

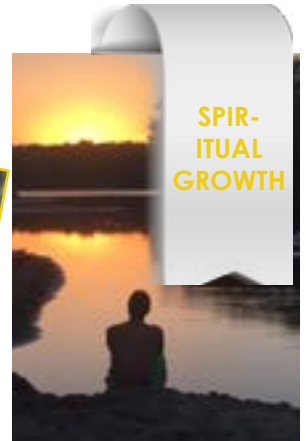
### Ascension Praise Band

- One Sunday afternoon/month, 12-1:30 p.m.
- Lead worship at 10:45 service
- Singers and instrumentalists
- Praise and Worship songs
- Contact Ben Janzow, [Ben\\_Janzow@yahoo.com](mailto:Ben_Janzow@yahoo.com), for more information.

### Instruments in Worship

- Embellish hymn singing, enhance a choir piece, or offer a solo
- Contact Vicki Taylor, [vicki@ascensionelca.org](mailto:vicki@ascensionelca.org), to arrange.

## CRASH: ADVENTURE TRIP 2016







## NURSERY STAFF NEEDED

Ascension is hiring Nursery Attendants for three-four hours on Sunday mornings. Applicants must be Red Cross-certified in babysitting or planning to take a certification course before Sept. 2016. (Ascension is offering two certification opportunities in August. See article on pg. 9). Applicants need to be 16 years-old or older. The position's pay is \$10/hour. Please contact Amy Gilgenbach, [admin@ascensionelca.org](mailto:admin@ascensionelca.org), with inquiries or to apply.



## PRAYER TEAM & DEVOTIONAL

*Bonnie Thiesenbusen, Ministry Leader*

Taking time to pray has always been important but in these times of horrific images we witness daily in the news of our country and the rest of the world; of destruction by storms and climate changes; of illnesses. . . the list seems to go on and on and we wonder, "Where is God? Why doesn't He intervene?"

We know that God is all powerful, all knowing, ever present, but do we take time to connect with our God in prayer for wisdom, guidance, and deliverance?

Most of us feel weak and powerless to change what we see. The Bible tells us in Jeremiah 29:13, "You will seek me and find me when you seek me with all your heart."

The Prayer Team meets the first and third Mondays every month, from 5:30-6:30 p.m., in the Prayer Room.

*The time to pray is anytime and all the time!*

## ASCENSION ADVENT DEVOTIONAL

Do you have a faith story you are willing to share with others? We would like to compile these into a devotional to be used during Advent this year. Please send or e-mail them to the church to be directed to Bonnie T. Thank you!



## CARE MINISTRIES: OUTDOOR MEAL SAFETY

*Brenda Lytle, RN, Director of Care Ministries*

Do you enjoy having meals outdoors with family and friends? What do you need to know to not get sick? You're more likely to get sick on a picnic when the weather is warm. The CDC, and other experts on foodborne illness, suggest taking special precautions on picnics, particularly if you're pregnant or feeding kids, the elderly, or someone with a chronic illness like diabetes.

The #1 easy rule: Many food-poisoning cases year-round are caused by bacteria, which grow faster at warm temperatures. So the basic protocol to follow is "hot foods should be kept hot and cold foods should be kept cold to prevent rapid bacterial growth," says Donald Zink, PhD, senior science adviser at the FDA's Center for Food Safety and Applied Nutrition.

Experts call the window between 40°F and 140°F "the danger zone," because it's between those temps that bacteria grow rapidly, and lots of multiplying bacteria means an increased risk of getting sick. Keep perishable food from drifting into the danger zone by refrigerating it or keeping it on ice (at 40°F or below) or heating it (to 140°F or above). This is especially important when it's hot outside. "Bacteria grows rapidly at room temperature, but it grows even faster when the weather is between 90°F and 110°F," says Elisabeth Hagen, MD, USDA undersecretary for food safety. That's why the USDA recommends that you never leave food un-chilled for more than two hours (one hour if you're in 90° heat or hotter).



## CARE MINISTRY EVENTS: CLASSES & BLOOD DRIVE

### BABYSITTING TRAINING

Classes are offered in August for teens and pre-teens, ages 11 years-old and older to become certified in babysitting. The classes are August 15 or 17. One full-day class is required to become certified. Class runs from 8:30 a.m.-3 p.m., in Ascension's East or West Halls. The cost is \$35, which includes lunch, Red Cross certification, and all course materials. Class size is limited to 10 students each day, so sign up now on the Care Ministry bulletin board or email Brenda Lytle at [brenda@ascensionelca.org](mailto:brenda@ascensionelca.org).

### FALL AARP SAFE DRIVING CLASS

Friday, Oct. 7, from 12:30-4:30 p.m., in room 107. The instructor is Ascension member Marie Renn. Watch for sign-up on the Care Ministries bulletin board.

### FALL ASCENSION BLOOD DRIVE

Oct. 15, 2016, 8 a.m.- noon. Mark your calendars!



## GRIEF SHARE, DIVORCECARE, & DC4K PROGRAMS

### SEPTEMBER 13-NOVEMBER 29, 2016

Care Ministries will be offering DivorceCare and DivorceCare 4 Kids (DC4K) again this fall to help those in our congregation and in our community dealing with all aspects of divorce. Care Ministries will also offer another GriefShare program for people who are grieving the loss of a loved one.

Death and divorce are both times of struggle in our personal lives. Christians that have a solid faith still need ongoing comfort and encouragement during these difficult periods. These programs are facilitated with leaders, videos, workbooks, music, crafts, and activities that address grief in a Biblical context along with ongoing support and discussion groups. They are all 12-week programs and will be held on Tuesday evenings, beginning Sept. 13, from 6-8 p.m. DivorceCare and DC4K will be held in the Prayer Room and 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 a program, please contact Brenda Lytle at 262-547-8518 or [brenda@ascensionelca.org](mailto:brenda@ascensionelca.org).



## MEAL DONATION OPPORTUNITY

Care Ministries is asking Ascension groups to volunteer to provide and serve a meal on Tuesday evenings for GriefShare, DivorceCare, and DC4K. The programs are 12 weeks long and meals will be served in West Hall, at 5:30 p.m., on Tuesday nights. The meals can be as simple as pizza or subs. We have a lot of generous people helping others in our church and community. 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](mailto:brenda@ascensionelca.org).

### SOS ANGELS

Care Ministries is proud to support the needs of Ascension! If a member is in need of help with transportation, small tasks or errands after a hospitalization, respite care, or short term assistance, our new ministry may be able to help! If you know of a member in need or are willing to help one, please contact Nada Draeger at 548-0351 or [njdraeger@msn.com](mailto:njdraeger@msn.com).

### CANCER CARE

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





## H.O.P.E. (HEALING OUR PAIN...EVENTUALLY) MINISTRY

Have you suffered the pain of loss and are looking for a support group? Many of our past and present GriefShare participants have connected to form a new Care Ministry called HOPE. They meet once a month for social activities and service work.

In June, the group met and had a picnic in the park. Approximately 12 people met for food and fellowship and formed ideas of what this new ministry will look like. The first event was July 20, a Pizza and Bowling night. An evening of fun and fellowship was had by all participants. If you would like to join this ministry, contact Brenda, at [brenda@ascensionelca.org](mailto:brenda@ascensionelca.org), for dates and times of activities and events. Below are some of the plans for the coming months.

- August: Ghostbuster Movie Night
- September: Adopt a Cross Church family for back-to-school supply assistance\*
- October: Attend a high school play production
- November: Adopt a Cross Church family for Thanksgiving
- December: Babysit for Ascension kids while parents get a chance to shop for Christmas and adopt a Cross Church family for Christmas

*\*The group hopes to connect with a single family in need from Cross Church and follow through helping the same family from back to school through the Christmas season.*



## CHRISTIAN MUSIC LINE DANCING EXERCISE CLASS

Come and join us for five, one-hour sessions of fun, fitness, and friendship, all while we enjoy exercising to contemporary Christian music from some of your favorite artists, including our own Ascension Praise Band. Exercise while praising our Lord through line dancing and light to mid-level aerobic routines to some beloved hymns. This five-week, Monday-nights-only series begins Monday, Sept. 12, from 6-7 p.m., and ends on Monday, Oct. 10. The cost is \$10, payable at the door, with all proceeds going to our Care Ministries. Our instructor is Ascension member, Linda Elder. All ages are welcome to come get healthy and join the fun!

Questions? Contact Linda at 262-650-9182 or Brenda Lytle, Director of Care Ministries at [brenda@ascensionelca.org](mailto:brenda@ascensionelca.org). Sign up now on the Care Ministries bulletin board!

## YOGA FANS

Yoga classes will resume Nov. 7-Dec. 12, from 6-7 p.m., in East Hall. The cost is \$12 for six weeks and the instructor will be Martha from the YMCA. Sign up this fall on the Care Ministries bulletin board.



## 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](mailto:ileenmarien@gmail.com) or Danielle Rintala: [danielle.rintala@gmail.com](mailto:danielle.rintala@gmail.com). You can find an itinerary, registration form, and more information online at [www.ascensionelca.org/events/womens-retreat-2016/](http://www.ascensionelca.org/events/womens-retreat-2016/). Please put completed forms and deposit in the Supermoms' mailbox, #39.

## FORGET ME NOT: ELMER SEDIVY

So much has changed since Elmer and Elaine Sedivy moved to Waukesha in 1954 from Park Falls, living in temporary housing on St. Paul Avenue across from Waukesha Motor Works. In that same housing group was Pastor Egloff, Ascension's first pastor.

Elmer and Elaine became charter members of Ascension Lutheran Church, which began as a small faith community on the corner of Fairview and Madison streets. Pastor Egloff was a part-time pastor also working at Hopson Oil Company. Among the families in the new church were the Reicherts, Ullspergers, and Warrens (Elaine's parents). Elmer served on the church board and was a member of the men's club in these early years.

Elmer was born in Nebraska 95 years ago on August 23 to a farming family. In 1934, during the Depression, the family moved to Park Falls, WI. Elmer and Elaine met at a carnival in Park Falls while in high school. The couple waited until April 1945 to marry (at Trinity Lutheran Church in Park Falls), after Elmer returned from military service at the end of WWII. He was stationed in Oregon waiting for deployment to the Pacific Theater when the war ended and he returned to Wisconsin to work as a mechanic.

After moving to Waukesha in 1954, Elmer worked at a foundry for two years, a Brookfield construction company for 17 years, and Wisconsin Centrifugal for 18 years where he retired in 1986. He worked on road and bridge construction and as a machine

repairman. His hobbies made use of his mechanical skills restoring old cars. He could fix most any mechanical part of the several cars he owned. He sold his 1951 green Kaiser sedan in 2009.

Elmer and Elaine had two children, a son Lenard and daughter Susan. Lenard and his wife Connie live in Waukesha and are Ascension members. Susan and husband Craig live in Park Falls. They have three children, all girls, Samantha, Cassandra and Ann (Andy).

Elmer lives in an apartment at Berkshire at Kensington where he spends his time playing dart ball, strolling the grounds, and playing bingo. He learned his cooking skills in the army cooking for 100 men and still cooks for himself with support from the meals-on-wheels program. Elmer says he's "not too much for desserts and stays away from the sweet stuff."

Faith life is important to Elmer. He attends worship services at Berkshire and at Ascension usually at the 8:30/9 a.m. service with Lenard when able. Two religious decorations in his apartment speak of his faith connections as he welcomes monthly visits from pastoral assistants to share communion and personal stories. He feels blessed to be in good shape mentally and physically.

Ascension members are invited to remember Elmer during August with prayers, birthday greetings, and cards as he celebrates his 95th birthday. Happy birthday, Elmer!

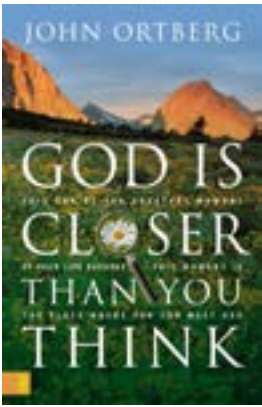


## YOUNG AT HEART

We will again enjoy YAH events in August. Wednesday, Aug. 3, is breakfast at Denny's on Grandview Blvd. No need to sign up, just show up at 9 a.m. Tables are reserved for our group. On Wednesday, Aug. 17, we will have our potluck luncheon in Ascension's East Hall, from noon-3 p.m. If you are able, bring a dish to pass. After lunch there is time for socializing and games. Come when you can and leave when you must. It is a great relaxing afternoon. Also watch for information about a trip in December. If you have questions or suggestions, contact Celeste Defenbaugh at 262-370-4522, Beth Hoffmann at 542-7447, or Arlene Davis at 262-542-9119.







## SMALL GROUP FALL CAMPAIGN

*Pastor Angela Khabeb*

Ascension's Fall Campaign begins the week of Sept. 19 and goes through the week of Oct 23. This fall we will engage the resource, *God Is Closer Than You Think*, by bestselling author John Ortberg. In this six-session, video-based study, Ortberg reveals the face of God waiting to be discovered in our everyday lives. This series will help you:

- Find God where you least expect.
- Listen to God's voice.
- Align yourself with the flow of the Holy Spirit.
- Draw closer to God even when God may seem absent.

In times like these, it is important to remember that God really is closer than we think, and connecting with God is for all of us.

Current small group leaders and those interested in leading a new group should contact Arlene Kelsey ([live2sew37@yahoo.com](mailto:live2sew37@yahoo.com) or 262-939-0740), Carolyn Inglefield (262-751-6778), or sign up at the Welcome Center. Materials for your group will be available shortly. New leaders, please contact Pr. Angela, [pa@ascensionelca.org](mailto:pa@ascensionelca.org), if you would like to participate in a small group leader training session!



### **GRATITUDE FROM FABRICIO APARICIO'S FAMILY**

Words cannot express how we have appreciated our Ascension family during this time of the tragic loss of Fabricio. You have surrounded us all with your love and support. Thank you to those who came to the house to grieve with Jenny during her darkest hours. Thank you to those who have provided care and transportation for Jhonson and Karlita. Your generous financial donations have overwhelmed us with love because without the financial assistance, the bills would have crushed us. Thank you for the food that has been shared in our home and for the funeral. Pastor Chris, Pastor Angela, and Tony, your words of comfort and actions of love have sustained us. The funeral service and the Sunday before service brought us comfort and helped us see how dearly loved Fabricico was and assured us of his eternal home. Thank you from all of us from the bottom of our hearts.

*Carlos, Jenny, Jhonson, and Karlita; Edwin, Sarah, Marta, and Luisa; Paul and Shirley*

### **FROM ARLENE DAVIS**

I would like to thank and praise all of my friends at Ascension for your thoughts, support, and prayers during the illness and passing of my brother-in-law, Kenneth Griep. God's light shines through you!

### **FROM ASCENSION'S STAFF**

Thanks to all the special people of the congregation who have helped this summer. From office support to facility work, you all have pitched in when needed during our mission trips and vacation time. Many hands make light work! Thank you!

### **FROM BETH HOFFMAN**

Thank you for welcoming my dad, Elmer Norris, to fellowship, membership, and service with Ascension. You brightened his days with your greetings, conversation, and visits in the hospital. You lighten our load with your words, hugs, smiles, cards, and gifts of food. We chose the time to celebrate his life to include family coming from distant states and managing demanding work schedules. Thank you for keeping on keeping on with us. Blessings to you in your ministries of encouragement and comfort.

*Continued on pg. 16*

## CROSS LUTHERAN CHURCH PARTNERSHIP

*Shirley Webmeier, Wing Leader*

Our partnership with Cross continues year around.

- Save the date: We are invited to participate on Sunday afternoon, 12-5 p.m., Aug. 21 in the Cross Community Picnic. This is a great opportunity to interact with Cross members, other partners and the Cross community. Watch announcements as details become available.
- The first Wednesday of each month, Ascension prepares and serves a meal at Cross's meal program, which is a ministry in the Cross neighborhood. There is always a need for financial contributions, food, food preparers, and servers. Contact Dave Hammer if you can help, [d-bhammer@wi.rr.com](mailto:d-bhammer@wi.rr.com).
- We also continue to collect food for Cross's food pantry. Our shelves and bins have been empty. Please consider picking up a couple of extra cans or packages of food the next time you are grocery shopping. Help us fill the bins each month.
- Joint worship is a highlight of our partnership. If you have never visited Cross, you are missing an exciting and spirited worship time. You will be welcomed with open arms and open hearts. Watch for details about an upcoming joint worship experience.



## TANZANIA PARTNERSHIP: A LETTER FROM PR. LEMA

In sister parish relationships, we support each other in all things. In this spirit, we have heard from Pastor Lema that our sister parishes in Mount Meru are lifting Ascension up in prayer at the death of Fabricio Aparicio during the middle school Adventure Camp.

*I received [the] sad information [with great] pain. I surely pray so much to our Lovely God that He will comfort you according to His promises of eternal life through the Cross. We are together with you all in this sad time of sorrow. The grace and peace of our Lord be with you. Amen.*

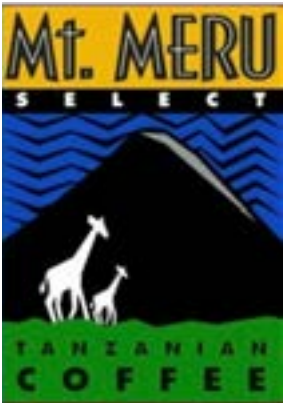


## MAIZE AND BEANS CAMPAIGN

As our US children get ready for the new school year, they look forward to new clothes, new shoes, and new supplies for classes. The children in the Meru Diocese also look forward to the new year but they need to pay for their school attendance by providing maize and beans. For many families that means they cannot afford to send their children to school. We will be kicking off a Maize and Beans Campaign in September to raise money to purchase maize and beans in order that children in our partnership congregation can attend school. We promise you will learn more about our Tanzanian partners, enjoy some new foods, have some fun, and feel good that children can have their wish of attending school. Watch for details. We are looking ahead to a mission trip to Tanzania in 2018.



IT TAKES  
A VILLAGE  
TO RAISE  
A CHILD.  
~AFRICAN PROVERB~



## WANT AD: MT. MERU COFFEE PROJECT

*Dave Hammer, Mt. Meru Ministry Leader*

WANTED: People looking to apply business skills to a ministry that seeks to do economic justice

The Mt. Meru Coffee Project invites people with a passion to join them in -

- Helping to expand sales of its quality coffee into commercial roaster and coffee shop markets; and/or
- Serving on its Board of Directors

If you have a:

- Passion for Global Mission,
- Passion to use your skills in a volunteer role in the areas of:
  - Sales and Marketing
  - Financial Planning/Accounting
  - Administration,
- Passion for Fair Trade practices and ethical business practices,
- Passion for social justice,
- Passion for small farmers and their families,
- Passion to be involved at a grassroots level,
- Passion for travel,

Dave Hammer would like to talk to you about how you can put your passion and skills to use in this justice-based, partnership ministry of the Greater Milwaukee Synod. Contact Dave at 414-418-9054 or [d-bhammer@wi.rr.com](mailto:d-bhammer@wi.rr.com). Asante Sana (Thank you)



## EL SALVADOR PARTNERSHIP

*Sarah Aparicio, Ministry Leader*

Edwin and I accompanied Fabricio's body back to El Salvador and had several meetings with our partners. Our sister parishes in El Salvador share Ascension's grief as Fabricio was very active in their churches prior to moving to Waukesha. While we were there, we continued to hear heart-breaking stories of the gang violence that caused Fabricio's family to flee.

The agroferreteria (hardware store) continues to thrive. They recently purchased a large truck, and on July 10, they opened their third branch. Plans are already in place for a fourth store in San Jorge that will provide employment to our sister parish. The project continues to meet both of their goals: providing funding for local churches and providing employment for men and young boys, keeping them safe from the reaches of the gangs and allowing them to provide for their families.

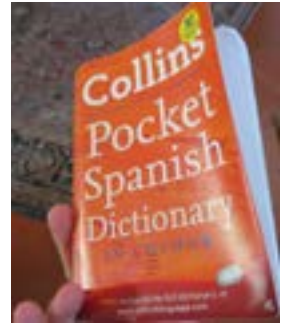
The church at San Jorge is doing well. Their guitar lesson program is growing and many children are involved in providing the music at church every Sunday. They are working to collect the funds for a toilet at church, a \$2000 project. Each family contributes an additional offering of \$2 every month, and they are planning raffles. In the long term, their goal is to purchase a fence to protect the church grounds. In addition to their congregational efforts to raise these funds, the agroferreteria and Ascension will be assisting.

We are in the process of planning to welcome a delegation from El Salvador to Ascension in the next year, as well as looking at plans for a mission trip from Ascension to El Salvador during either spring break or summer of 2017. In the meantime, visit the Mission Outreach Facebook page, [www.facebook.com/Ascension.ELCA.MO/](https://www.facebook.com/Ascension.ELCA.MO/), to see more photos from our recent visit.



## REFUGEE MINISTRY: APARICIO FAMILY

Many of you have expressed that you wished you could communicate with Carlos, Jenny, Jhonson, and Karlita. Please know that they also wish they could communicate with you and are doing their best to learn English. It is a long process as they are also learning a new culture and learning to live in the US. As a way to help you communicate, here are a few Spanish phrases with pronunciation and translations that you can use when you talk with the family. Remember, they won't care if you pronounce the words 100% correctly but will be pleased you made the effort. Gracias (Thank you)



• Hóla!	(o-la)	Hello/Hi
• Buenos días	(bway-nose dee-ahs)	Good Day
• Mucho gusto	(moo-cho goo-stoe)	Nice to meet you
• Me llamo (your name)	(may yamo)	My name is.....
• Cómo está	(coe-moe es-tah)	How are you?
• Lo siento mucho por su pérdida		I am so sorry for your loss
• La paz de Dios	(la pas day dee-os)	The peace of God*
• Cómo puedo ayudarle	(como pway-doe ah-you-dar-lay)	How can I help you?
• Hasta luego	(ah-stah lu-ay-go)	See you soon
• Que tenga un buen día	(kay teyn-ga un bwane dee-a)	Have a nice day
• Adios	(ah-dee-os)	Good-bye

*\*for sharing the peace*

## OUTREACH FOR HOPE BIKE RIDE

### **Registration NOW OPEN for the 9<sup>th</sup> Annual 2016 OUTREACH FOR HOPE FAMILY BIKE BIDE**

Ascension has been a leader for the past eight years in planning and participation in this signature event that benefits 19 financially challenged ministries in Milwaukee, Racine and Kenosha.

Check Online for More Information – [www.ofhbikeride.com](http://www.ofhbikeride.com)

- Virtual Rider – Anyone can Raise Funds
- Join the Spirit Spinner Bike Team at this year's ride
- \$25 Match For Each Registered Rider or Virtual Rider
- \$10 Match For Each On-Line Contribution



**Everyone Has A Path To Participate . . . Riders – Virtual Riders – Donors – Volunteers**



### **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 & Merrill Hills Road) at 1:30 on July 10, July 24, August 14 and August 28.

Contact Bob Stoll at 708.557.1564 or bobstollathome@yahoo.com to be added to the notification list.

### ***The 2016 Bike Ride***

#### **Date:**

**Saturday, September 10, 2016**

#### **Place:**

**St. Bruno Parish, Dousman, WI**

#### **Ride Options:**

**Trail Ride – up to 14 paved miles**

**Road Rides – 20, 30 or 50 miles  
on rural Kettle Moraine roads**

#### **Picnic Lunch**

.....

For more information contact  
Ascension Team Leader:

Jeff Kirk

262.349.7312 -or- jeffrey@kirks.us

When registering, be sure to add your name  
to the **"Spirit Spinners"** Bike Team.



## IN OUR OWN BACKYARD

*Shirley Wehmeier, Wing Leader*

In our Vision 2025, one of the goals of Mission Outreach is to reach out into our immediate neighborhood and our community. The first step is to be a positive and welcoming neighbor, so we are starting two new projects as we develop this goal.

### LITTLE FREE LIBRARY

Did you notice something new in the grassy area near the park? As a way to reach out to the kids in the neighborhood, Mission Outreach is beginning a Little Free Library. We encourage neighborhood kids and teens to take a book, read it, share it, and return it. We want the neighborhood to see us a friendly and generous congregation. We will need your help in getting enough books to put in the library. Please bring in books in new or good condition. We will especially be focusing on babies through young teens. Contact Kathy Williams if you have questions, [kwms\\_99@yahoo.com](mailto:kwms_99@yahoo.com).

### COFFEE TIME

Mission Outreach will also be offering a coffee hour once a week. Initially, it will be a chance for congregation members to meet the pastors for casual conversation. It is our hope to grow this effort to inviting parents who drop off their kids at Cloverleaf or to invite our neighbors over for a cup of coffee and conversation. Watch future e-alerts and newsletters as plans are fully developed.



## BACKPACK COALITION

One of the great needs this time of the year is school supplies for those in our community who cannot afford them. Please consider collecting supplies for the Backpack Coalition. The Backpack Coalition is committed to providing backpacks and school supplies to students with financial constraints in Waukesha County, so they can succeed in school. BCI consists of community volunteers and local organizations that have united to provide school supplies and backpacks to families. Started in 1998, this collaboration has provided an efficient, centralized program, effectively reaching out and serving county citizens, operating solely on volunteer contributions and donations. Each year the BCI organizes, collects, assembles, and distributes approximately 2,000 backpacks with grade-appropriate school supplies to students in grades K-12 throughout Waukesha County. Backpacks and school supplies are provided free of charge from contributions donated by individuals, families, groups, churches, and companies. For more details, contact Shirley Wehmeier at [pwehmeier@wi.rr.com](mailto:pwehmeier@wi.rr.com).



## GRATITUDE

### PRAYER SHAWLS & KNIT WITS

Our Care Ministries came together and knit 14 prayer shawls for the Aparicio family and for the three adult JOLT leaders in June. 14 crosses were made for the JOLT teens. These are such special gifts that bring comfort for those all suffering from the loss of Fabricio. Thanks and praise to all of you that made these beautiful gifts possible!

### TO HEALING HEARTS

Thanks to the Healing Hearts of Waukesha County for the counseling and support for our JOLT teens, leaders, and families! Healing Hearts of Waukesha County is a community-based organization whose mission is to serve and support grieving children and their families. Their 12-week, fall session is Mondays, Sept. 26-Dec. 12, from 6-7:30 p.m. It is free to all participants and Spanish speaking families are welcome. A free, light supper is served at 5:30 p.m. The program is at First United Methodist Church, Waukesha. Call Melissa Minkley, 262-751-0874, to register.

*continued from pg. 12*

## A TASTE OF THE DANIEL PLAN

*Steve and Carol Spieker, Ministry Leaders*

Recently, we had the opportunity to meet with some business clients. At past meetings, we have discussed their desire to live a healthier lifestyle. In fact, two years ago, we sent them a favorite book of ours on the topic as a thank you gift for all their business over the years. On this most recent visit, after exchanging some pleasantries, the wife said, “We just have to thank you for giving us our son back!” A bit puzzled we asked, “How?” They explained because of our discussions with them over the years on cleaning up their diet, they discovered their son was allergic to sugar and brewer’s yeast. These allergies were responsible for causing him to be significantly AD/HD to the point that he had to be medicated with anti-psychotic medications, which significantly changed his personality. As a result, he has changed his diet and is no longer taking those medications.



This experience reminded us about how many adults are encountering food allergies. We have already discussed gluten issues extensively in previous articles. Other common food allergies include dairy products, eggs, soy, nuts, alcohol, nightshades (tomatoes, peppers and eggplant) as well as sugar, as noted before.

Adult onset allergies are becoming more prolific due in large part to the increase in “leaky gut.” Leaky gut occurs when your digestive system develops tears in the lining that allow bad bacteria, toxins, and undigested food to leak into your bloodstream. This, in turn, causes your immune system to go into overdrive essentially keeping it in the “on” position. Consequently, your immune system essentially attacks everything in its path which triggers food allergies. At the risk of sounding like a broken record, leaky gut is often the result of ingesting processed and genetically modified foods that are rampant in the standard American diet.

The Daniel Plan encourages a 40 day detox as part of the study. During that time, it is suggested you will let go of all stimulants and sedatives (alcohol, coffee, etc.), processed and fast food, all artificial sweeteners, all forms of sugar, all dairy products and all gluten. During that time, you could also eliminate other suspected allergens such as nuts or eggs. At the conclusion of the 40 days, you can begin to reintroduce these various items one at a time. If you find you have a negative reaction, you may have an indication you have an allergy and you may want to consult a medical professional for further diagnosis. You likely will feel so much better abstaining from these foods; you will have no desire to go back to them anyway.

Contrary to common beliefs, what you put in your bodies DOES have an effect. Just because everyone around you is running through the drive through or downing a bag of Doritos while watching the game doesn’t make it a good idea. Recently we heard someone say, “One bad meal won’t kill you but a thousand will!”

To start your journey to health, go to [www.danielplan.com](http://www.danielplan.com) or [www.danielplan.com/healthyhabits/fire-roasted-red-peppers/](http://www.danielplan.com/healthyhabits/fire-roasted-red-peppers/) 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.*



## AUGUST 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Room Key</b> 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	<b>1</b> 9:45am AI Anon WH 5:30pm Prayer Team PR 6:30pm AMEN 107	<b>2</b> 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 6:30pm Mission Outreach 107	<b>3</b> 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	<b>4</b> 10am AI Anon WH 10am TGBG PR 7pm Ballantyne 107	<b>5</b>	<b>6</b> 9am Private Event EH, K
<b>7</b> 9am Worship 10am Coffee Fellowship 10:45am Outdoor Worship 11:45am AMEN BBQ WH, CY 6pm AA mtg WH 7pm AA closed mtg WH	<b>8</b> 9:45am AI Anon WH 1pm Living Letters 106 6:30pm AMEN 107	<b>9</b> 6:30am AMEN 107 9:30am Women's Bible Study HR 6pm Puppets EH	<b>10</b> 8am Private Group PR 11:45am Men's Nurture 106 6pm Private Group 106 6:30pm SOPHIA EH 7pm Wisdom WH, HR	<b>11</b> 10am AI Anon WH 7pm Ballantyne 107	<b>12</b>	<b>13</b>
<b>14</b> 9am Worship 9:45am Exec Mtg. PR 10am Coffee Fellowship 10:45am Worship 6pm AA mtg WH 7pm AA closed mtg WH	<b>15</b> <b>Newsletter Deadline</b> 8:30am Babysitting Clinic EH 9:45am AI Anon WH 5:30pm Prayer Group PR 6:30pm AMEN 107	<b>16</b> 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 7pm Council 107	<b>17</b> 8am Private Group PR 8:30am Babysitting Clinic WH 12pm Young at Heart Potluck EH, K 12:30pm Women's Nurture PR 6pm Private Group 106 7pm Wisdom AA WH	<b>18</b> 10am AI Anon WH 10am TGBG PR 7pm Ballantyne 107	<b>19</b>	<b>20</b>
<b>21</b> 8:45am Hymn Fest Begins 9am Worship 10am Reception N 10:45am Worship 12pm Cross Picnic 5pm CRASH BBQ 6pm AA mtg WH 7pm AA closed mtg WH	<b>22</b> 9:45am AI Anon WH 12pm Knit Wits WH 6:30pm AMEN 107	<b>23</b> 6:30am AMEN 107 9:30am Women's Bible Study HR	<b>24</b> 8am Private Group PR 6pm Private Group 106 7pm Wisdom AA WH	<b>25</b> 10am AI Anon WH 7pm Ballantyne 107	<b>26</b>	<b>27</b>
<b>28</b> <b>Backpack Blessing</b> 9am Worship 10am Coffee Fellowship 10:45am Worship 12pm Praise Band S 6pm AA mtg WH 7pm AA closed mtg WH	<b>29</b> 9:45am AI Anon WH 6:30pm AMEN 107	<b>30</b> 6:30am AMEN 107 9:30am Women's Bible Study HR	<b>31</b> 8am Private Group PR 2pm Staff Mtg. PR 6pm Private Group 106 7pm Wisdom AA WH			