



Ascension
LUTHERAN CHURCH
ELCA
September 2016

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What's in the *September* newsletter

New Beginnings	3	Driving Class	10
Your Council at Work.....	4	Volunteers	10
Gratitude	4	SOS Angels Ministry.....	10
Financial Report	5	Healing Hearts	10
Pastoral Acts	5	Forget Me Not: Lloyd Buth	11
Music Ministry Updates for Fall	6	Special Friends: Autism.....	12
Children's Ministry: BLAST	7	Small Group Fall Campaign	13
JOLT: A Change This Year.....	7	The Daniel Plan - New Fall Group	13
CRASH	7	Knit Wits - Uso Baby Shower Update.....	13
Puppets of Praise	7	A Taste of The Daniel Plan	14
Nursery Staff Needed	7	Women's Retreat.....	15
Prayer Team & Devotional	8	Young At Heart.....	15
Gratitude	8	God's Work. Our Hands.	15
Care Ministries: The Gift of Life	9	Cross Church Partnership	15
GriefShare, DivorceCare, & DC4K Programs .	9	Tanzania Partnership: Maize & Beans.....	16
Meal Donation Opportunity	9	El Salvador Partnership	16
New Dancing/Exercise Class	9	Outreach for Hope Bike Ride	17
H.O.P.E. Ministry	10	In Our Own BackYard.....	17
Cancer Care	10	September 2016	18

THE *Ascension* NEWSLETTER



Ascension
LUTHERAN CHURCH
ELCA



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1415 Dopp Street
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MONDAY - THURSDAY

9 a.m. - 5 p.m.

FRIDAY

9 a.m. - 3 p.m.

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NEW BEGINNINGS

Pastor Chris Marien



There is a story told of a young boy who lived with his parents in a cottage on a hillside, overlooking a wide valley. His greatest joy was to sit on the doorstep on summer evenings, and gaze across the valley to a house miles away on the opposite hillside, for, just as the sun was sinking in the west, the windows of that house would burst into flame, shining dazlingly with golden light. How perfectly happy the people must be who live there, he thought! One day he packed sandwiches and set off to find the house with the golden windows, but it was farther off than he expected, and it was already towards sunset as he climbed steeply uphill. To his disappointment the house was a plain cottage after all, and the windows ordinary windows. The good people there offered him supper, and made up a bed in the kitchen, for it was too late now for him to return. That night, in his dream, he asked directions of a girl about his age. 'The house with the golden windows? Yes, I've seen it.' And she pointed. He woke to the early song of the birds. Drawing the curtain aside he looked out. There far across the valley, was his house – and, wonder of wonders, its windows flashed with gold in the brightness of the morning sun.

T.S. Elliot wrote these words, “And the end of all our exploring will be to arrive where we started and know the place for the first time.” September is always a month of homecomings and moments of beginning again. At Ascension, we find ourselves ready to enter into the new possibilities of growing our relationship with God. September always brings excitement. I am excited to renew relationships with those that have been away for the summer; I am excited for the introduction of new liturgies and songs in our worship life; I am excited to see the growth in our ministries with children and youth; I am excited to see what is unfolding in our care ministries and small group ministries; I am excited for new mission opportunities as we seek to expand our vision to walk in our global neighborhood and the neighborhood around our church; I am excited for new opportunities for Bible study and reflection. There is much that is offered inside our walls and outside our walls – where will you find a place to rest and renew?

On Sunday, Sept. 11, we return to our Sunday morning worship schedule of 8:30 a.m. and 10:45 a.m. with Children’s Ministry (BLAST) and Adult Education from 9:45-10:35 a.m. I also want to invite you to consider another possibility beginning Sept. 14, from 7-8 p.m. and continuing throughout the 2016-2017 school year. I will be leading a Bible study entitled *Through the New Testament* or TNT for short. Early on in my ministry, I offered this opportunity and found it to be an awe inspiring introduction to the deep, deep love of God for each of us. The idea is that you read seven chapters of the New Testament a week...that is one chapter a day...and then answer four or five questions about what you read. Some questions are specific to the reading – some questions are reflections on your own faith life. You can join us as your schedule allows – but I need to have enough copies of the book in order to provide for everyone. Beginning Aug. 28, you can sign up at the Welcome Center. The cost of the copied book will be \$5. We will run from Sept. 14 through May 31. Consider the possibility of reading the entire New Testament with a group of believers. The possibilities are endless. The best part is if you don’t have time in a particular week to read every chapter, someone else will have done the reading, so you can come regardless and share in the conversation. If you have questions, send me an email (pc@ascensionelca.org) or call me. All levels of Bible knowledge and those without any Bible knowledge are welcome. It can be a great introduction or a great continuation of the building of relationships with each other and with the living Word of God.

I am excited for what is ahead. Come and see for yourself! Peace be with you. See you in church.



YOUR COUNCIL AT WORK

Paul Wehmeier, Council President

We thank you for the good turnout at the special meeting on July 31. It was encouraging to experience the prayerful and respectful discussion among us. The decision was made to sell the house owned by Ascension at 412 S. Moreland.

The Budget Team will begin its work this month. The council decided to use the benchmark of \$613,750. This is the same as this year. The members of the Budget Team are: Carol Spieker, chair; Patti Mueller; Paul Wehmeier; Cindy Carlson; Peter Laper; Kelly Hoeg; Pastor Chris; and Pastor Angela. Also involved in this process are the Wing and Leg Leaders and Mutual Ministry. If you have any questions, or suggestions, please contact any of these people. As this work proceeds, the team will provide regular updates to the council as a whole to elicit comments and directions. Prior to the annual congregational meeting on Nov. 13, there will be an informational meeting held between Sunday services. We ask for your prayers for this important task.

At the annual meeting, the congregation will also elect several new council members: second vice president, secretary, and half of the members-at-large. We are beginning to identify persons for this. We are looking for individuals who are faithful in worship and possess wisdom and integrity. If you have interest in this or a suggestion, please contact Cindy Carlson or myself by Sept. 15. As always, the council wants to hear your suggestions and ideas.



GRATITUDE

FROM THE APARICIO FAMILY

A special thanks goes out to all of you who donated furniture or household items and helped Jenny and Carlos' family move into their own home. Because of your generosity, they have a comfortable home that is well-furnished. They live in the church neighborhood, so they feel right at home there. Your welcoming spirit has truly blessed them. Gracias!

FROM THE ELCA

Thank you for your recent gift given to your synod, and received by ELCA World Hunger in April 2016.

This is the year of ELCA World Hunger in *Always Being Made New: The Campaign for the Evangelical Lutheran Church in America*, and we are particularly grateful for your gift to this signature ministry of the church! Your generous support provides water and hygiene programs, agriculture and animal husbandry, health clinics and micro loans, and education and advocacy for communities in need in over 60 countries including the United States.

We are reminded that God supplies abundance and invites us to share with all in need. Thank you for responding in faith and walking with ELCA World Hunger companion churches and partners to address hunger and poverty. We truly do more together than we could do alone.

Until all are fed,

The Rev. Daniel Rife, Director, ELCA World Hunger and Disaster Appeal

FROM HOPE CENTER

Thank you for the bag of clothes, 40 cases of water, and 140 pairs of underwear you donated to Hope Center. As the number of clients we serve increases, the valuable gifts you have given will help the impoverished and the homeless. Ascension again responded generously to Hope Center's needs.

Ralph Zink, Executive Director

Continued on pg. 8

FINANCIAL REPORT

JULY, 2016 YEAR-TO-DATE

General Fund Activity	July 2016 Actual	July 2016 Budget	January to July 2016 Actual	2016 Annual Budget
Income				
Contributions	\$50,530.21	\$51,850.00	\$364,655.68	\$630,000.00
Rent, Interest, other income	\$5,420.76	\$3,720.83	\$31,780.82	\$59,850.00
Restricted Income	\$2,500.00	\$3,500.00	\$30,872.00	\$58,000.00
Total Income	\$58,450.97	\$59,070.83	\$427,303.78	\$747,850.00
Expenses				
Communications	\$1,153.02	\$1,991.66	\$12,762.68	\$24,375.00
Facilities	\$4,624.85	\$6,833.32	\$86,987.83	\$130,100.00
Financial Development	\$3,815.73	\$3,756.00	\$44,110.54	\$62,541.00
Leadership Development	\$0.00	\$33.33	\$622.32	\$1,600.00
Administration	\$21,499.16	\$22,280.91	\$156,023.58	\$267,371.00
Caring Relationships	\$1,462.11	\$2,345.25	\$12,413.86	\$28,143.00
Joyful Worships	\$7,000.03	\$8,054.49	\$55,994.89	\$97,404.00
Mission Outreach	\$1,950.00	\$2,208.34	\$21,522.57	\$50,400.00
Spiritual Growth	\$6,880.27	\$7,071.90	\$48,786.48	\$85,463.00

Pattie Mueller, Treasurer

In reviewing July's financial information, it is noted that once again total expenses for the month were underspent for the budgeted amount for the month. It is also noted that contributions (offerings) and total revenue for the month were only slightly behind the budgeted amount for the month. Overall, July was a good month financially for Ascension.

This month, the two far right columns were revised to reflect January 2016-July 2016 actual income and expenses, as well as the annual budgeted amount for 2016. The information contained in these two columns will be

used to predict Ascension's financial picture for the rest of 2016, as well as provide direction and guidance for developing the 2017 budget.

It is assumed that at the end of December, Ascension's actual total contributions will be \$625,124 (\$364,655.68 divided by 7 months equals \$52,093.67, times 12 months equals \$625,124), which is \$4876 behind the annual budgeted amount. Actual total income at the end of December is assumed to be \$728,520, which is \$19,330 behind the annual budgeted amount.

Using the same calculation methodology, it is assumed that at the end of December, Ascension's actual total expenses will be \$752,956, which is over the annual budgeted amount by \$5,559.71.

Some of the things which will impact the total income include: 1. The congregation's decision to sell the Moreland home, which means Ascension will no longer receive rent for that home; 2. There will be at least one more Ascension Arise payment to pay down the mortgage; and 3. congregational giving.

Some of the things which will impact total expenses include: 1. Unforeseen maintenance issues, and 2. early winter weather.

PASTORAL ACTS

Funerals

John Gresl

August 18

Baptisms

Nora Stanley

August 28





MUSIC MINISTRY UPDATES FOR FALL

Vicki Taylor, Director of Music Ministries

Refresh your spirit this fall by joining a music ensemble. All are warmly invited and encouraged to participate. Email 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, for more information.

Instruments in Worship

- Embellish hymn singing, enhance a choir piece, or offer a solo
- Contact Vicki Taylor, vicki@ascensionelca.org, to arrange.



CHILDREN'S MINISTRY: BLAST

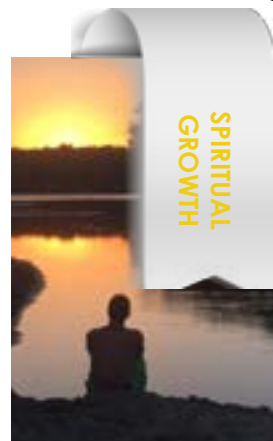
Tony Acompanado, Director of Faith Formation

Following a great turn-around year, our Children's Ministry returns with even more new and exciting ministry opportunities for Ascension's families with younger students. For starters, we are excited to announce a new name for our Children's Ministry – BLAST (Believing, Learning, and Serving Together).

BLAST begins on Rally Sunday, Sept. 11, during the same 9:45-10:35 a.m. time as last year.

Online registration for three-year-olds through 5th grade is now open.

Along with these exciting changes, we are seeking several adult and student volunteers to be a part of our BLAST team. Do you like children? Do you like to have fun? Do you love God? Then, you have all the qualifications necessary to join our team. We're currently seeking teachers to co-teach, classroom helpers, storytellers, project helpers, musicians, and more... we can't do it without you! If you would like to join our team or have questions please contact Tony Acompanado, Director of Faith Formation, tony@ascensionelca.org or 262-547-8518.



JOLT: A CHANGE THIS YEAR

Tony Acompanado, Director of Faith Formation

JOLT Student and Parent Orientation is Thursday, Sept. 15, from 6:30-8 p.m. Please join us as we share all the exciting things in store for JOLT students, including events, service opportunities, and details about next summer's Adventure Camp. We will also cover: student and family expectations, schedule, registration, fees, and more. If you have questions, please contact Tony Acompanado, Director of Faith Formation, tony@ascensionelca.org.

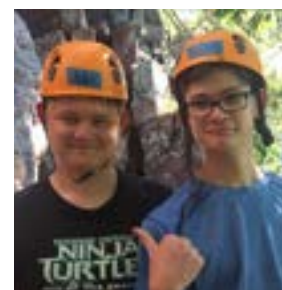


CRASH CALENDAR

Tony Acompanado, Director of Faith Formation

11	Sunday	5–6:30 p.m.	CRASH Kickoff & Potluck Dinner
18	Sunday	6–8 p.m.	Youth Group
25	Sunday	6–8 p.m.	Youth Group

All students entering grades 9-12 and your parents are invited to join us on Sunday, Sept. 11, from 5-6:30 p.m., in East Hall for our annual kickoff event. Over dinner, we will dive into the 2016-2017 CRASH calendar, distribute information and registration forms, and meet the CRASH leadership team. Please bring a dish to pass. Beverages will be provided.

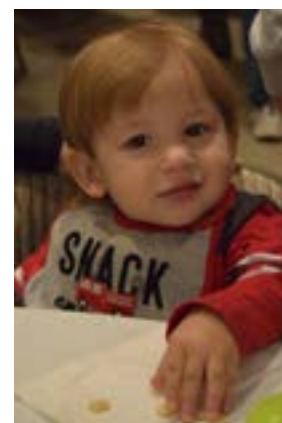


PUPPETS OF PRAISE

All 6th to 12th graders are welcomed to join Puppets of Praise to perform for BLAST (Children's Ministry), visit members, and have fun together. Our first meeting is Sunday, Sept. 11, at 9:45 a.m., in East Hall and continues on Sundays through the first week of December. Any questions, please contact Cheryl Anspach at puppetsofascension@gmail.com.

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. Applicants need to be 16 years-old or older. The position's pay is \$10/hour. Please contact Amy Gilgenbach, admin@ascensionelca.org, with inquiries or to apply.





PRAYER TEAM & DEVOTIONAL

Bonnie Thiesenbusen, Ministry Leader

September is finally here. The kids are back in school and the days of summer vacations and journeys are now wonderful memories to treasure. It is hard to believe that the time to embark on another journey - our *Advent journey* - is fast approaching!

The Advent journey is a different kind of journey. You don't have to jump in the car; hop on a plane; or get on your running shoes. You can do it wherever you are because it is an exciting journey within. It is discovering Jesus. And it is exciting! It is finding Jesus in the unexpected places and times in your life - in the good times and the not-so-good times. But, in all, and through all, the love of Jesus has always been and will always be with you!

Many of you have been on this Advent journey all your life and you have wonderful and touching stories of where and how you've discovered Jesus: through favorite Bible

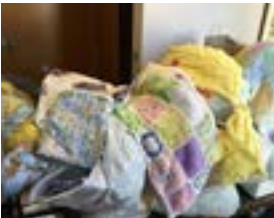
verses; friends and acquaintances; outreach activities; sickness; new birth; nature; and even in death. We would like to read about your experiences and compile them into an Advent Journey Devotional to be distributed this year at the beginning of Advent.

We need your stories by the end of September! Include your favorite Bible verses and a short prayer with your story. Children can write a few sentences or draw a picture. E-mail it to the church, attention to *Bonnie T.* or place it in mailbox #35.

The Advent journey is always a journey of a lifetime!

A REMINDER

The Prayer Group meets the first and third Mondays of every month from 5:30-6:30 p.m. to pray for our church family, community, nation, and world. Please join us.



GRATITUDE FROM THE USO

Continued from pg. 4

Thank you so much to the Knit Wits for creating and donating hundreds of items for our Operation Baby Shower on Aug. 13! Their donation included: 150 blankets; 134 hats; 21 sweaters; 12 booties; and 2 dresses.

This is what makes these events so special--that community groups understand the sacrifices military families make and want to say *Thank You*. We are overwhelmed by the generosity of the Knit Wits and we are so excited to give the items to new and expecting moms who are in the military or have a spouse currently serving our nation! ~ *Josh Sova, Executive Director*

FROM THE DEPARTMENT OF VETERANS AFFAIRS

On behalf of the Milwaukee Clement J. Zablocki VA Medical Center, I would like to extend my appreciation to Ascension's Military Ministry and Knit Wits for your donation of wheelchair bags and blankets for the Veterans. Your donation will help Veterans to stay organized on the go and offers them ease of access to essentials while they receive treatment in the hospital or waiting for appointments or treatment. Thank you for your generous donation and for thinking of the Veterans who come to the VA Medical Center for care and attention.

Your donation demonstrates your concern for America's heroes, as well as your appreciation for the service our Veterans have given to our country.

Jessica Serdyski, Acting Chief, Voluntary Service

TO PASTORAL ASSISTANTS

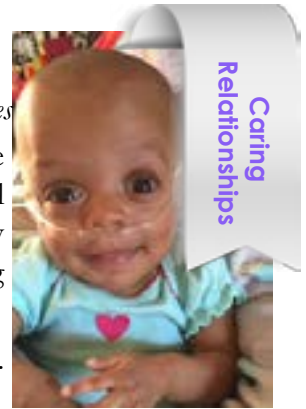
Thank you to the Pastoral Assistants for their visits while I was hospitalized. Thank you all for your prayers and cards. ~ *Annette Formo*

CARE MINISTRIES: THE GIFT OF LIFE

Brenda Lytle, RN, Director of Care Ministries

Our new little baby, Grace (see photo), had a rough start in life. She was a 26-week premature infant who was born very early. She required nine blood transfusions and lots of medical care to survive. Without the blood she received, she would not be here today. She is now six months old and will be baptized at Ascension and adopted by our family in the coming months.

Please help other babies like Grace and join us for Ascension's Blood Drive on Saturday, Oct. 15, from 8 a.m.-12 p.m., in West Hall. Help give the gift of life!



GRIEFSHARE, 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 who 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.



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.



NEW DANCING/EXERCISE CLASS

Join us for five one-hour sessions of fun, fitness, and friendship 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. Cost is \$10 with all proceeds going to Care Ministries. The instructor is Ascension member, Linda Elder. Contact Linda at 262-650-9182 or Brenda Lytle, Director of Care Ministries, at brenda@ascensionelca.org with questions. Sign up now on the Care Ministries bulletin board. All ages are welcome to come get healthy and join the fun!





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

Suffering with grief is one of the most difficult times in people's lives. The pain from the loss of a loved one can be unbearable. HOPE Ministry stemmed out of Ascension's GriefShare groups. It allows people to connect with each other and gives them a chance to become involved in outside activities and give back to our community. They meet once a month for social activities and service work. In June, the group had a picnic and brainstormed activities and volunteer opportunities. In July, we met for a pizza and bowling night (see below). An evening of fun and fellowship was had by all who attended. In August, we met for pizza and a movie. It was on this evening that the group came together with backpacks (see margin photo) and school supplies for the Aparicio children. This ministry group has connected because of loss, and they were able to help this family who also suffered great loss. If you would like to join HOPE, contact Brenda Lytle, at brenda@ascensionelca.org, to get dates and times of activities and events. Some of the plans for the coming months include attending a high school play production, adopting a Cross Lutheran Church family for Thanksgiving and Christmas, and babysitting Ascension kids to give parents a chance to Christmas shop.



CANCER CARE

If you or a loved one have been dealing with cancer, Ascension is starting a program designed to support and walk alongside members with a cancer diagnosis. Please contact Brenda Lytle, brenda@ascensionelca.org, if you are interested in being a leader.

DRIVING CLASS

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

VOLUNTEERS

If you have a healthcare background and would be interested in helping out once a month to do blood pressure checks on Ascension members between services, from Oct.-May, please contact Brenda Lytle, brenda@ascensionelca.org.



SOS ANGELS MINISTRY

Care Ministries is proud to support the needs of Ascension! If a member is in need of transportation or help with 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.

HEALING HEARTS

Healing Hearts is a community-based organization that gives support to grieving children and their families. Their 12-week fall session begins 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 held at First United Methodist Church, 121 Wisconsin Ave., Waukesha. Call Melissa Minkley, at 751-0874, to register.

FORGET ME NOT: LLOYD BUTH

Iva Richards, Pastoral Assistant

“You never forget how to ride a bike.” So says Lloyd Buth and he ought to know. He learned to ride as he grew up on a farm in western Waukesha County. He went to work right after high school for Fox Dairy which soon after became part of Golden Guernsey.

Life proceeded forward and Lloyd met Jo through his sister. “They liked to go dancing.” Lloyd and Jo married in 1962 and soon had two children, Cathy and Joel. Lloyd says about Jo, “She had her hands full, raising our two kids, working outside our home (she is an expert seamstress and a writer) and shuttling me around.” Lloyd was diagnosed with epilepsy when he was 20 and had to give up driving.

Lloyd worked at Golden Guernsey until he was 64. A year before his retirement, his son Joel, who was working at Bicycle Doctors, brought his dad a bare bones bike of the scratch-and-dent variety so he could enjoy an activity that Joel is passionate about. (Joel now owns a bike shop in Fairbanks, Alaska and is a Iron Man competitor). By this time, Lloyd had pain in his feet and lower legs from standing on a wet and cold cement floor for so many years and biking was a non-weight bearing way to build his strength.

As soon as Lloyd mounted that upright bike, he reconnected with the joy of independence. His first journey was to LaDuc’s in Wales. “The best ride is when you just follow the roads you find yourself on.” He carried a Waukesha County map with him but seldom consulted it. Soon he was strong enough and comfortable enough to ride 40, 50, and 60 miles in a day, sometimes five days a week. His frequent destination was the family cottage on Lake Utica near Dousman which is a part of the farm he grew up on. On his 70th birthday he rode 70 miles.

When riding the upright became difficult, and he crashed a few times, Joel helped him buy a nice three-wheel recumbent and he was back on his wheels. He loved biking the Door County Century and the Menomonee River Century, which he did with Cathy and her family. He rode bike trails in Alaska, Florida, and Arizona and many out of the way places in Wisconsin.

While Joel was rehabbing his house in Oconomowoc, he took Lloyd and his bike with him. After a day of work on the house, Lloyd rode home, often taking the scenic route. Lots of work was done on the house and lots of miles were put on the bike.

Ten years ago, Lloyd joined The Spirit Spinners, the bike club at Ascension. His biker buddies included John Rodgers, Pastor Jim Bickel, Dave Hammer, and Dave McAdow. At one point, they were inspired to initiate the Outreach for Hope Bike Ride, which is now a synod-wide fund raiser and last year included the participation of over 40 churches. In 2015, they raised \$100,000 for Outreach for Hope. For many years, Lloyd served on the planning committee, which meets year round.

Nowadays, Lloyd lives at Avalon Manor. His son-in-law Jeff has rigged up a stationary bike that he can roll up to with his wheelchair so that he can still pedal. You may find him cruising down to the 5 Points in his motorized wheelchair during Friday Night Live or enjoying the River Walk. He continues his volunteer job of putting labels on Mt. Meru coffee bags for the synod, a project he has done for over ten years.

Lloyd is teaching us all the value of resilience and courage - how to get back on your bike even if it hasn’t been used for 50 years; how to get back on your bike after you have crashed and broken bones; how to stay engaged even when you can’t be active; and how to keep your faith and trust in God.



Jo and Lloyd Buth

SPECIAL FRIENDS: AUTISM

Marge Schroeder, Ministry Leader



“Learning to love people who are different from us is a challenge. It requires us to grow in understanding, wisdom, and acceptance” (*Special Needs Ministry Handbook*, Sharon J. Davis). Therefore, we will continue to explore the many different abilities people in our congregation and around the world experience. This month’s topic is Autism or Autism Spectrum Disorder (ASD). In May 2013, all autism disorders were merged into

one umbrella diagnosis of ASD.

WHAT IS AUTISM?

Autism appears to have its roots in very early brain development. However, the most obvious signs and symptoms of autism tend to emerge between two and three years of age. Recent research, confirms that appropriate screening can determine whether a child is at risk for autism as young as one year.

ASD includes a wide range, *a spectrum*, of symptoms, skills, and levels of disability. According to Autism Speaks (a world-leading advocacy organization in the US that is dedicated to autism research into the causes, prevention, treatments, and a cure), ASD can be associated with intellectual disability, difficulties in motor coordination, and attention and physical health issues such as sleep and gastrointestinal disturbances.

People with ASD often have these characteristics:

- Ongoing social problems that include difficulty communicating and interacting with others
- Repetitive behaviors as well as limited interests or activities
- Symptoms that typically are recognized in the first two years of life
- Symptoms that hurt the individual’s ability to function socially, at school or work, or other areas of life

Some people are mildly impaired by their symptoms, while others are severely disabled. Treatments and services can improve a person’s symptoms and ability to function.

Each individual with autism is unique. Many people on the autism spectrum have exceptional abilities in visual, music, and academic skills. About 40% have average to above average intellectual abilities. Indeed, many persons on the spectrum take deserved pride in their distinctive abilities and *atypical* ways of viewing the world. Others with autism have significant disability and are unable to live independently. About one third of people with ASD are nonverbal but can learn to communicate using other means.

HOW COMMON IS AUTISM?

Autism statistics from the CDC identify around 1/68 American children as on the autism spectrum – a 10% increase

in prevalence in 40 years. An estimated 1/42 boys and 1/189 girls are diagnosed with autism in the United States.

WHAT CAUSES AUTISM?

First and foremost, we now know that there is no one cause of ASD, just as there is no one type of ASD. Over the last five years, scientists have identified a number of rare gene changes, or mutations, associated with ASD. A small number of these are sufficient to cause ASD by themselves. Most cases of ASD, however, appear to be caused by a combination of autism risk genes and environmental factors influencing early brain development. It is important to keep in mind that these factors, by themselves, do not cause autism. Rather, in combination with genetic risk factors, they appear to modestly increase risk.

HOW CAN CHRISTIANS HELP?

A great, all-powerful God was willing to live amongst the flawed, imperfect people whom He loved in order to lift them up. Jesus chose to surround Himself with people who were not the academic or social cream of the crop. If we choose to ignore those who seem to be broken in some way, we quickly become the servant who, being forgiven a great debt, refused to show mercy for a small one.

Here are a few ways to prepare you to bring hope and encouragement to people who are fighting to connect with a world that can seem foreign and alien at times;

Make an effort to interact with people who seem to be different at church, in your workplace, or in your neighborhood. People with special needs have frequently been kept apart from the majority of their peers, put in separate classes, treated differently. Church, in particular, affords a chance to stand equally before a God who created us all. Being willing to accept people who don’t necessarily “behave appropriately” all of the time opens us to the possibility of making connections with people who desperately need them.

A good rule of interacting with special needs kids is to start by interacting with their parents. The parents can help you ensure you’re interacting with their child in a positive, meaningful way. Many kids with an ASD have sensory issues (that is, trouble processing outside stimulus), you could set off a child for the rest of the day despite your best intentions. Let the parents tell you what their child is and is not capable of handling. Take your cues from them.

Special Friends continues to be blessed by Ascension’s love and support of our wonderful group of individuals. Thank you!

SMALL GROUP FALL CAMPAIGN

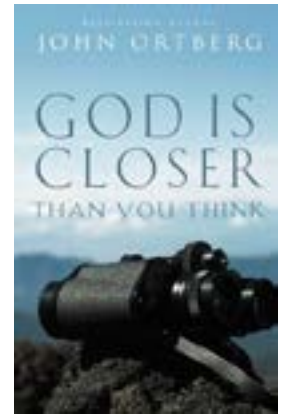
Pastor Angela Khabebe

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 or 262-939-0740) or Carolyn Inglefield (262-751-6778). Materials for your group will be available shortly. New leaders, please contact Pr. Angela, pa@ascensionelca.org, if you would like to participate in a small group leader training session!



THE DANIEL PLAN - NEW FALL GROUP

The Daniel Plan study is six weeks, starting on Sunday, Oct. 30, from 6-8 p.m. People interested in joining the group or seeking more information should contact Steve and Carol Spieker, cspieker@budgetblinds.com. Read more on pg. 14.



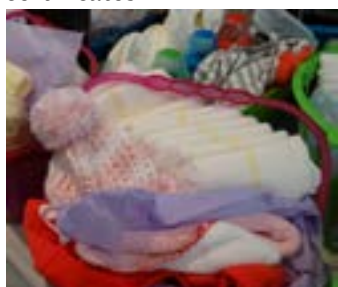
KNIT WITS - USO BABY SHOWER UPDATE

Maddie Goetter, Ministry Leader



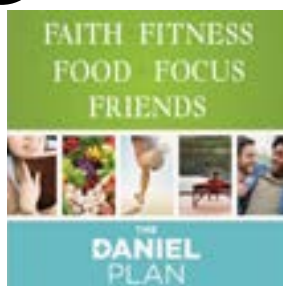
Ascension's Knit Wits were invited to attend the first-ever Wisconsin USO *Operation Baby Shower* on Aug. 13. We worked on baby items all year and were excited to meet the recipients of our labors. With your help and donations, we were able to get yarn and make 150 blankets, 134 hats, 21 sweaters, and 12 pairs of booties. Thanks for supporting us so well!

Over 70 guests registered, new and expecting moms who are in the military or have a spouse currently serving our nation. All attendees received a gift bag, a raffle prize basket, and had a chance to talk with experts and win prizes ranging from strollers to highchairs to massage gift certificates.



In addition to the Ascension Knit Wits, the USO also partnered with Baird and the Wives of the Milwaukee Brewers to put on the inaugural *Operation Baby Shower*. Other items given away included diapers, wipes, clothes, children's books, and gift cards for other baby items. The Knit Wits are the only group knitting/crocheting for this event. We'll keep you posted on the plans for next year's shower!





A TASTE OF THE DANIEL PLAN

Steve and Carol Spieker, Ministry Leaders

From time to time, people will stop us at church and ask us questions about The Daniel Plan. Many times the way they ask us the question seems like a roundabout way of *trying on* The Daniel Plan to see if they might be ready to make a change to that healthier lifestyle. Perhaps, this describes you. According to leading psychologists like Dr. James Prochaska, to effectively change our habits and behavior involves asking the right questions. It also demands we go through a series of five predictable stages. The Daniel Plan website outlines these five stages of making change in this way:

STAGE 1: PRE-CONTEMPLATION

In this first stage you may not think you need to change. You are likely resistant, defiant, or defensive to the idea. You may not even be aware that a problem exists. This, unfortunately, describes a lot of people. A very simple question to ask yourself is, “What would have to happen for me to consider changing?”

STAGE 2: CONTEMPLATION

In this second stage, you begin to recognize the need to change, but you’re just not quite ready. This is the stage where all the excuses march in. To overcome this stage, simply ask yourself, “If I were to change my behavior, what would my health, fitness, or life look like five, ten, or twenty years from now?” A mentor of ours had a signature question: Do you want to spend your retirement in a nursing home or on a cruise ship? Write down all the potential benefits for you, your family, and your friends. Think then about the potential consequences of continuing to live as you are now. Will you be healthy enough to enjoy your grandchildren? Hopefully, by this act of contemplation, you decide it IS the time to make a change, which will then lead you to the third stage.

STAGE 3: PREPARATION

Here’s where you are ready to make plans to change. You’re tired of your own excuses and willing to do what it takes to get started. You’re simply sick and tired of being sick and tired. This is the time to set a personal contract with yourself and set your personal goal. Sharing your goal with another person increases your chances of succeeding exponentially! There’s no turning back. It’s time to take action!

STAGE 4: ACTION

You now believe that you have the ability to change your behavior and you actively take steps to modify or change it. Perhaps your action plan calls for joining the next six-week Daniel Plan study starting October 30. If you find yourself in this stage, one of the best strategies to keep you on track is to involve yourself with a group of others who are like-minded and pursuing similar goals. That’s exactly what The Daniel Plan small group is for.

STAGE 5: MAINTENANCE

Once you have completed the six-week Daniel Plan study, your goal is to preserve your new lifestyle. With the support of the Daniel Plan group, you continue to progress and stay focused on your goals. You like the new skin you’re in. You strive to stay here, reflecting on everything you have accomplished. This is your new normal.

To start your journey to health, go to www.danielplan.com or <http://www.danielplan.com/healthyhabits/berry-alert-smoothie/> 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.

WOMEN'S RETREAT: RELAX, REFLECT, RENEW

Retreat with the women of Ascension Oct. 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/. Please put completed forms and deposit in the Supermoms' mailbox, #39.



YOUNG AT HEART

We will have a potluck luncheon on Wednesday, Sept. 21, from 12-3 p.m., in East Hall. Please bring a dish to pass, if you are able. We will not have any added entertainment this month, but will remember our good friend John Gresl. If you have any pictures or stories, bring them to share with us. We will also hear information on our outing planned for December. We will be attending a musical at the Shauer Center in Hartford. If you have suggestions or questions, contact Celeste Defenbaugh at 262-370-4522, Beth Hoffmann at 262-542-7447, or Arlene Davis at 262-542-9119.



GOD'S WORK. OUR HANDS.

Shirley Wehmeier, Wing Leader

God's work. Our hands. is an opportunity to celebrate who we are as the Evangelical Lutheran Church in America – one church, freed in Christ to serve and love our neighbor. This year, Ascension is focusing our service on the Maize and Beans project for our partners in Tanzania (see following Tanzania Partnership article pg. 16). We are asking that your small group, your family, or you as an individual consider a way to help support this important effort. Do you stop for a coffee every morning? Do you purchase a soda every day? What about giving up a treat one day a week and saving that money? What about matching that amount with a donation to the Maize and Beans fund? Be creative and make it fun! The children at our partnership congregations in Tanzania are counting on us!



CROSS CHURCH PARTNERSHIP

On Sunday, Aug. 21, a group of Ascension members joined with other Cross partners and Cross members in providing and serving a picnic for the Cross neighborhood. This was truly a day where we could stand side-by-side with our partners to serve those who are most in need in the area around their church. This is true accompaniment.





TANZANIA PARTNERSHIP: MAIZE & BEANS

Sarah Aparicio, Ministry Leader

BACK TO SCHOOL IN MOUNT MERU

Back to school time in Tanzania can be stressful and difficult. Even in the public schools, families have financial obligations that must be met in order for students to be allowed to attend school. Our sister parishes are located in rural communities with few opportunities for employment, so although the school fees are small by our standards, they can be impossibly steep for most families. Pastor Lema has asked for St. Luke's and Ascension to help send as many of the 400 students from our sister parishes to school as possible.

What are the per pupil costs? Each student must provide one large bag of corn and one small bag of beans (\$42), a school uniform (\$7), and books (\$11). The total cost for a year of school per student is \$60. The coffee farmers who participate in our coffee program are able to cover these costs. For the rest of the families, this cost is out of reach.

During the month of September, and up through the one year anniversary of our first visit from Pastor Lema on Oct., we will collect donations to help send as many of our young brothers and sisters in Tanzania to school as possible. We will be accepting offerings in all sizes; notate "Meru School" in the memo line of checks.

The Tanzanian Lutheran church is one of the largest Lutheran churches in the world. Mwitula-Williams, [a third-generation Tanzanian Lutheran] thinks the rapid growth has everything to do with the church's commitment to social services. 'At the end of the day, you can preach all you want, but what connects the community are basic needs,' she said. 'If my health is not good, my kids are not going to school. If I'm farming and don't have clean water, I'm not coming to church on Sunday. Before he taught people, Jesus made sure people's needs were met. Because the Lutheran church tries to live out the Gospel this way, that's why it's growing.' - from *Living Lutheran* magazine

Let's see how many students we can send to school in Meru this fall! Contact Sarah Wehmeier Aparicio with questions, weh22@hotmail.com.



EL SALVADOR PARTNERSHIP

Sarah Aparicio, Ministry Leader

We are in the early stages of planning our upcoming delegations to El Salvador. We hope to organize a delegation to visit El Salvador over spring break 2017. We hope you think about joining us for a spring break like no other! We will be making every effort for a safe and meaningful trip.

Ascension is collaborating with Lake Park Lutheran Church and Grace Lutheran Church to host a delegation from our partnership ministries in El Salvador in the summer of 2017. Please pray for this accompaniment project, especially that the visa process will go smoothly for everyone.

In the August newsletter, we shared the news that San Jorge would like to begin a Bible study based on *The Story*, in solidarity with Ascension because we recently used this for a church-wide Bible study. We were able to send the first round of materials down with Lake Park Lutheran Church in August and we hope to send the rest of the materials down with a mission trip from another congregation in November. Our Salvadoran partners send their profound gratitude for the materials. Contact Sarah Wehmeier Aparicio with questions, weh22@hotmail.com.

OUTREACH FOR HOPE BIKE RIDE

Register Online Now or Walk-up Registrations Accepted Day of Ride

9TH ANNUAL OUTREACH FOR HOPE FAMILY BIKE RIDE

Ride info: www.ofhbikeride.com or contact Jeff Kirk: 262.349.7312, jeffrey@kirks.us

Everyone has a way to participate:

1. Join the Spirit Spinner Team and ride
2. Non-riders sign up at no cost to raise funds for OFH with the NEW Virtual Rider category
3. Volunteer to help on event day
4. Donate to registered riders or the Spirit Spinner team

Additional funds designated when you register to ride or sponsor

Generous businesses and individuals have pledged to add to rider registrations and donor contributions

- \$25 match for each registered rider or virtual rider
- \$10 match for each online contribution
- Help us meet our goal of \$110,000

Join Jeff Kirk, captain of the Spirit Spinner Bike Team, and register online, call, or sign up on Sunday at church.



Date: Saturday, Sept. 10

Place: St. Bruno Parish, Dousman

Ride Options

1. Trail - up to 14 paved miles
2. Road rides of 20, 30 or 50 miles on lightly traveled, rural Kettle Moraine roads

Food

1. Light breakfast snacks to send you on your way
2. Well-stocked rest stops
3. End of ride picnic lunch

IN OUR OWN BACKYARD

COFFEE HOURS

Start your day at church for a cup of coffee on Wednesdays during September from 7:30-9 a.m. This is a chance to chat with the pastors and get to know others in a casual setting. Please invite a friend or someone you know from the neighborhood or community. If you have any questions, please contact Kathy Williams.

LITTLE FREE LIBRARY

We are continuing to collect books for children and young teens. Books are being taken from the Little Free Library, so we know we are making a difference. Thank you to all who have contributed books. Donations can be placed in the bin in the West Hall Donation Center. Contact Kathy Williams for more information.



SOPHIA MOVIE AND DISCUSSION

On Wednesday, Sept. 14, from 6:30-8:30 p.m., SOPHIA and Plowshare Center will present the movie *Sex and Human Trafficking*. A discussion will follow. Learn about the reality and pervasiveness of sex trafficking in southeastern Wisconsin, including in our own community. Representatives from local advocacy group Exploit No More will be present to answer questions and share what is already happening to deal with this tragic problem. There is no charge but free-will donations are always appreciated. Contact Bob Stoll with questions. Register at eventinquiry46@yahoo.com.



**EXPLOIT
NO MORE**

NAMI WALK

On Saturday, Sept. 17, the local NAMI chapter will hold its annual fundraiser at Frame Park. Through NAMIWalks' public display of support for people with mental health challenges, NAMI is changing how Americans view mental illness. NAMIWalks in Waukesha brings together hundreds of individuals to celebrate mental illness recovery; to honor those who have lost their lives to mental illness; and to help raise funds, combat stigma, and promote awareness. The goal of the Waukesha walk is to raise awareness about mental illness and \$55,000. NAMI needs you to make this possible! Please join NAMI Waukesha as we improve lives and our communities one step at a time. To register go to NAMI Waukesha or contact Peggy Thrasher for more information. If you cannot walk on that day, please consider supporting our member Peggy Thrasher in her walk. Go to www.namiwalks.org/participant/peggythrasher.



SEPTEMBER 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
FALL OFFICE HOURS MONDAY - THURSDAY 9 a.m. - 5 p.m. FRIDAY 9 a.m. - 3 p.m.			Room Key CY = Court Yard EH = East Hall HR = Hearth Room K = Kitchen N = Narthex MR = Music Room NR = Nursery PL = Parking Lot PR = Prayer Room S = Sanctuary WH = West Hall YR = Youth Room	1 10am AI Anon WH 10am TGBG PR 7pm Ballantyne 107	2	3
4 9am Worship 10am Coffee Fellowship 10:45am Outdoor Worship 11:45am AMEN BBQ WH, CY 6pm AA mtg WH 7pm AA closed mtg WH	5 Office Closed 9:45am AI Anon WH 5:30pm Prayer Group PR	6 6:30am AMEN 107 9:30am Women's Bible Study HR 6:30pm Mission Outreach 107 7pm Mutual Ministry PR	7 7:30am Coffee Talk N 8am Private Group PR 9am Young at Heart, Denny's 9:30am Cross Meal 12:30pm Women's Nurture PR 6pm Handbells S 7pm Wisdom AA WH, HR 7:30 pm Choir S	8 10am AI Anon WH 7pm Ballantyne 107 7pm Care Ministries PR	9	10
11 Rally Day 8:30am Worship 9:45am BLAST 9:45am Exec Mtg. PR 10:45am Worship 5pm CRASH EH, WH, S, N 6pm AA mtg WH 7pm AA closed mtg WH	12 9:45am AI Anon WH 1pm Living Letters 106 6pm Line Dancing EH 6:30pm AMEN 107	13 6:30am AMEN 107 9:30am Women's Bible Study HR 5pm Care Ministry Dinner WH 6pm DivorceCare PR 6pm DC4K 102, 103 6pm GriefShare YR 7pm Holloway 107	14 7:30am Coffee Talk N 7:30am SOPHIA EH 8am Private Group PR 11:45am Men's Nurture 106 6pm Handbells S 7pm Wisdom AA WH, HR 6:30pm SOPHIA Event EH 7:30pm Choir S	15 Newsletter Deadline 10am AI Anon WH 10am TGBG PR 5pm Angel Choir MR 5:45pm Joyful Sounds S 6:45pm JOLT EH, WH, S 7pm Ballantyne 107	16 4pm Private Event S	17 4:30pm Private Event S
18 Small Group Kickoff 8:30am Worship 9:45am BLAST 10:45am Worship 6pm AA mtg WH 7pm AA closed mtg WH	19 9:45am AI Anon WH 5:30pm Prayer Group PR 6pm Line Dancing EH 6:30pm AMEN 107	20 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 1pm Pastoral Assistants PR 5pm Care Ministry Dinner WH 6pm DivorceCare PR 6pm DC4K 102, 103 6pm GriefShare YR 7pm Council 107	21 7:30am Coffee Talk N 8am Private Group PR 12pm Young at Heart Lunch EH, WH, K 12:30pm Women's Nurture PR 2pm Staff Mtg. PR 6pm Handbells S 7pm TNT EH 7pm Wisdom AA WH, HR 7:30 pm Choir S	22 10am AI Anon WH 5pm Angel Choir MR 5:45pm Joyful Sounds S 6:45pm JOLT EH, WH, S 7pm Ballantyne 107	23	24
25 El Salvador Sunday 8:30am Worship 9:45am 5K Stepping Stone EH 9:45am BLAST 10:45am Worship 12pm Praise Band S 6pm Pr. Angela Group 6pm AA mtg WH 7pm AA closed mtg WH	26 9:45am AI Anon WH 6pm Line Dancing EH 6:30pm AMEN 107	27 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 5pm Care Ministry Dinner WH 6pm DivorceCare PR 6pm DC4K 102, 103 6pm GriefShare YR 7pm Holloway 107	28 7:30am Coffee Talk N 8am Private Group PR 6pm Handbells S 7pm TNT EH 7pm Wisdom AA WH, HR 7:30 pm Choir S	29 10am AI Anon WH 10am TGBG PR 5pm Angel Choir MR 5:45pm Joyful Sounds S 6:45pm JOLT EH, WH, S 7pm Ballantyne 107	30 3pm Private Event EH	