



Ascension
 LUTHERAN CHURCH
 ELCA
 April 2016

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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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RESURRECTION TIME!

Pastor Angela Khabeb



Hallelujah! Jesus is risen! Easter is here and Christians all over the world are celebrating the Resurrection. Today we find ourselves standing on the Easter-side of Good Friday. We stand redeemed, renewed, and resurrected. Resurrected? Absolutely. We are resurrection people after all, aren't we? Often we hold God's resurrection promise at a distance, but what if we engage the power of this promise now? What if we embrace our resurrection promise every day? Our resurrection promise is not exclusively reserved for whispered prayers around a hospice bed. Neither is our resurrection promise kept solely for funeral sermons. What if resurrection was more than what happens after we die? What if it is just as important for life right here, right now? Recently, I read an article that highlighted the writings of internationally-celebrated theologian, storyteller, and author, Megan McKenna. She shares an experience that helped broaden my understanding of what it means to live as resurrection people. In her book, *Not Counting Women and Children: Neglected Stories from the Bible*, McKenna writes:

Once in a parish mission when I was studying this scripture [Luke 7: 11-17] with a large group, someone called out harshly, "Have you ever brought someone back from the dead?" I had been saying that life happens when we are interrupted, and that some of the most powerful acts of resurrection happen to the least likely people; that we are the people of resurrection and hope, called to live passionately and compassionately with others, to defy death, to forgive, and to bring others back into the community, to do something that is life-giving, that fights death and needless suffering. And then this challenge from the back of the church.

My response was "Yes." I went on to say, "Every time I bring hope into a situation, every time I bring joy that shatters despair, every time I forgive others and give them back dignity and the possibility of a future with me and others in the community, every time I listen to others and affirm them and their life, every time I speak the truth in public, every time I confront injustice — yes — I bring people back from the dead."

After reading this fascinating illustration of our resurrection gifts, many questions surfaced. For example, "How am I actively practicing resurrection?" And of course the *flipside* of that question, "If I'm not practicing resurrection, what am I practicing?" Furthermore, "How do my daily activities bring new life to the world around me; and for that matter, how do my daily activities bring new life to myself?" Are my words life-giving? How do I, like McKenna describes, *bring people back from the dead?*

Our baptismal identity calls us to be salt of the earth, light to all people, and living waters in dry places. Arguably all three, salt, water, and light are essential to life. Our resurrection promise is not far off or otherworldly. Our resurrection hope is as near to us as thankful hearts, kind actions, just deeds, and forgiving words. Sisters and brothers, Easter unfolds around us with amazing frequency and this is Good News indeed. Hallelujah!

PRAYER

Awesome God, thank you for your powerful promise of resurrection. Open our hearts and minds to welcome your transforming grace. Make us bold in our faith and encourage us to live our lives each day as resurrection people. May our lives be marked with signs of new life - right here, right now. In Jesus' name, Amen.



GOD IS AT WORK

Pastor Chris Marien

Christ is risen! He is risen indeed! Christ is risen! He is risen indeed! Alleluia! Alleluia! Alleluia!

Ascension finds itself in a time of expectation! Easter is upon us and with the announcement that the tomb is empty, we find ourselves looking to the joy of spring - the earth coming alive as the edges of winter begin to give way to the warm winds of life - new life. What would God have us do in the world to God's great glory? How shall we look to the world around us and see the face of Christ calling out to us?

Now that Easter Sunday has come and gone, are you already setting yourself up for summer break - or is there still a hunger that gnaws at you, calling you to something new, something different, something more in your relationship with God? The lilies have bloomed, the trumpets have sounded, the tomb stands empty, and in these days of appearance as Jesus shows himself to the disciples and countless others before he ascends into heaven, there is energy, curiosity, expectation in the air...do you feel it?

I tell you God is at work at Ascension! Do you believe it? Do you feel God's presence - the Holy Spirit at work? The fruits of our labor in service to God are not in vain, nor do they go unnoticed! God is at work at Ascension and we are beginning to see the work of God all around us. We give thanks to God for the 32 First Communion candidates who celebrated their First Communion on Palm Sunday or will celebrate their First Communion on April 3. What joy to welcome these fourth and fifth graders to God's altar. Please join me in prayer asking God's blessing on the journeys before each of our First Communion candidates. We are also grateful for the work of musicians and altar guild who took extra time behind the scenes to prepare for the powerful and moving worship of Holy Week. We have received new members and look to the future where God will invite more people into the midst of our community. God is at work! The Holy Spirit is on the move and we are looking forward to the blessings of God among us in the gifts of each other!

We have traveled the road of Lent to the cross and we are now on the road of the cross that carries us into the future. During Lent, we were following Jesus to the cross. Now, we look to Jesus who leads us within the shadow of the cross into the future. The cross was never an end but a place to begin again and again and again. Where will God in Jesus Christ take us in the days ahead? Where do we want to go as God's people? Where do you want to go as God's child? Who cares? As long as we travel together -- following in the footsteps of our God!

May God grant you joy in these Easter days!



PASTORAL ACTS

Baptisms

March 6	Sean Andrew Voss
March 20	Emma Marie Jenkins
March 27	Andrew Louis Parkhurst Frances Quinn Parkhurst

YOUR COUNCIL AT WORK

Paul Wehmeier, Council President

The council continues to work as a team. Individual members donate their time and talents to do detailed work for the council to carry out its responsibilities to the congregation.

Peter Laper in his role of Director of Operations is completing the work with local financial institutions on our mortgage. The church has a three-year note that expires this spring. The council discussion focused on procuring a five-year note in order to seek the lowest rate for the longest term possible, which would provide the congregation with more options for financial planning. Under operations, the council approved Carol Spieker as the leg leader for the financial development team. Carol and her husband Steve own two Budget Blinds franchises. Carol has more than 20 years experience as a chief financial officer and holds a degree in this area. We thank Matt Johnson for his years of service as financial leg leader.

Kelly Hoeg, Director of Ministries, reported that the Joyful Worship wing has set a goal of having Name Tag Sunday on a monthly basis. The Spiritual Growth wing will continue to offer education hour every Sunday morning. Mission Outreach will offer Partnership Sundays to focus on each of our mission partners. See wing leaders' reports in the newsletters for more details.

The council in its role as Personnel Committee of the congregation has approved a written policy on paid time off for hourly/part time staff. Jeremy Poling and Al Gilgenbach will review the details to ensure that the language is clear and not open to a variety of interpretations.

The council will be reviewing the policy and procedure for checking volunteers who work with our children, frail elderly, and families of the congregation. Paul Wehmeier will do the detail work on this for council consideration.

Council members will contact church members who have not been a part of worship since 2014. There are approximately 35 members that will be contacted in Christian love. The council discussed the need to reach out in a more timely manner in the future (within six months) to those who have not participated in worship or communion. Cindy Carlson, 1st vice president, will be working out the details for council consideration. We would also ask that every congregation member who knows of someone who has not been in worship to reach out to that person to let them know they are missed and to invite them to return to worship. The church is a family and we need to show care and concern for missing family members.

As always, the members of council want to hear from you regarding areas you feel are working well and also your suggestions for improving things.

PROPERTY DAY

Get Ready! Property Day at Ascension is Saturday, April 2, from 8:30-11:30 a.m.

If you have hands, please consider joining us for the entire morning or for just an hour as you have time. Join us for a donut and coffee kick-off at 8:30 a.m. and grab a card with a project. We will be working in the Memorial Gardens cleaning, tending, and pruning. Around the church are little projects needing the helping hands of members and friends of Ascension. If you want to partner up with another set of helping hands – we can help you there too! Mark your calendars. Meet some new people. Make a difference in the life of your church. Questions, feel free to call the church office for more information.



Property Day 2015



FINANCIAL REPORT

Pattie Mueller, Treasurer

FEBRUARY 29, 2016 YEAR-TO-DATE

General Fund Activity	Feb 2016 Actual	Feb-16 Budget	Variance to 2016	2016 YTD Actual	2016 YTD Budget
Income					
<i>Contributions</i>	\$58,292	\$57,175	\$1,117	\$103,355	\$110,500
<i>Rent, Interest, other income</i>	\$4,255	\$5,396	(\$1,141)	\$8,113	\$10,817
<i>Restricted Income</i>	\$6,250	\$7,500	(\$1,250)	\$14,500	\$15,000
Total Income	\$68,797	\$70,071	(\$1,274)	\$125,968	\$136,317
Expenses					
<i>Communications</i>	\$1,829	\$1,992	\$163	\$3,612	\$4,233
<i>Facilities</i>	\$14,510	\$17,017	\$2,507	\$28,860	\$38,381
<i>Financial Development</i>	\$8,117	\$8,082	(\$35)	\$16,384	\$16,326
<i>Leadership Development</i>	\$0	\$33	\$33	\$0	\$67
<i>Administration</i>	\$22,963	\$22,281	(\$682)	\$45,901	\$44,562
<i>Caring Relationships</i>	\$2,852	\$2,345	(\$507)	\$4,467	\$4,691
<i>Joyful Worshipers</i>	\$9,794	\$8,055	(\$1,739)	\$17,031	\$16,109
<i>Mission Outreach</i>	\$2,265	\$2,208	(\$57)	\$4,610	\$4,417
<i>Spiritual Growth</i>	\$6,737	\$7,772	\$1,035	\$13,214	\$14,844
Total Expenses	\$69,067	\$69,785	\$718	\$134,079	\$143,630
Surplus/(Deficit)	(\$270)	\$286	(\$556)	(\$8,111)	(\$7,313)
Mortgage Balance	\$713,769				
Restricted Funds Balance	\$150,336				
General Fund Balance	(\$36,634)				
Ascension Arise Contributions	\$9,766				
Restricted Contributions	\$0				

WHAT THE NUMBERS MEAN

Our general contributions for the month of February are \$1,117 ahead of what was budgeted for the same time period. Our general contributions for the first two months of 2016 are \$7,145 less than what was budgeted for January and February. Our expenses for the month of February are \$718 less than what was budgeted for the same time period. Our expenses for the first two months of 2016 are \$9551 less than what was budgeted for January and February. Even though our contributions for the month of February were greater than budgeted, we still ended the month with a slight deficit. Year-to-date our expenses continue to be greater than our contributions.

NEW ORGAN CHIMES

Vicki Taylor, Director of Music Ministries

The gift of organ chimes has been given to the glory of God by long-time members Lyal and Mary Ann Lauersdorf. Ascension is deeply grateful to Lyal and Mary Ann for their thoughtfulness and generosity.

Lyal and Mary Ann have offered this beautiful gift as a way of bringing an additional voice to our magnificent pipe organ. Lyal has had a lifelong love of and appreciation for music, especially music in worship. Lyal remembers as a young boy assisting the organist at his home church of Sherman Park Lutheran in Milwaukee in tuning the organ following boys choir rehearsal. Years later, as an active member of Ascension, he was an integral part of the organ committee charged with researching and recommending a new instrument that would serve generations of worshippers at Ascension. Our splendid tracker (mechanical) action pipe organ, designed and built for Ascension by the Berghaus Pipe Organ Company of Bellwood, Illinois is the result, and throughout the ensuing years, Lyal has used his gift for understanding the mechanics of the organ to help maintain the instrument.

The organ chimes will add beauty and variety to worship at Ascension. The 25-note chimes made of brushed brass are being installed to the right of the organ above the choir risers, joining the existing 1,098 pipes organized into 22 ranks, or set of pipes with like timbre. While the organ itself is built entirely of mechanical links between keys and pipes, the chimes are activated electronically from the lower or “great” organ keyboard. The Berghaus Company has been contracted once again to install and integrate the chimes into our existing instrument. The installation is scheduled for April 11-12.

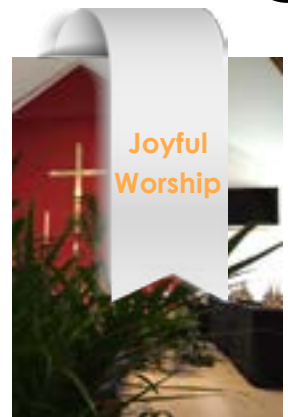
Please take a moment to thank Mary Ann and Lyal for this glorious gift offered to Ascension in praise of God.

LIBRARY CORNER

Come and visit our Ascension Library in its newly remodeled space in the Prayer Room. During the past month, we have reviewed all our resources so that Ascension will have the most relevant books and DVDs. Many books in our collection were donated to various Ascension groups or local charities. Check-out will be in the Prayer Room and books from the hallway display cases can be checked out there as well. Returned resources or donations can be deposited in the basket on the credenza. There is a listing of all books by category in the blue binder.

Ascension had a book sale recently, which will allow the library to purchase some new children’s books. Our collection of children’s books is displayed on the shelves in the Hearth Room along with check-out sheets for them. Bibles and reference materials, which are for use in the church, can also be found there.

Please let me know if there are any resources you would like to see the library carry in the future and I can try to get them for you. Call Linda Hansen, church librarian, at 262-544-6823.



*Wisdom will enter your heart, and
knowledge will be pleasant to your
soul. ~ Proverbs 2:10*



FIRST COMMUNION

Pastor Chris Marien

IN CELEBRATION OF A PROMISE MADE AT BAPTISM...

Please join the community of Ascension Lutheran Church in celebrating our First Communion Candidates who have received their first communion on Palm Sunday or will receive their first communion on Sunday, April 3. We give thanks for each of them and ask God's blessing on their continued journey of faith. Congratulations!

Isabella Acompanado	Sophia Jauregui	Katelyn Reagles
Taryn Andersen	Emma Jenkins	Sara Roeland
Jhonson Aparicio	Tyler Karlson	Christopher Rymer
Aidan Bagley	Elias Kinunen	Maddux Schaefer
Kaeli Bangaoil	Alexandra Leber	Noah Steinke
Mason Barta	Andrew Marien	Chloe Stryker
Ben Burie	Cienna Martin	Jack Tenwinkel
Alex Coralline-Jones	Anna Niezwaag	Joshua Ward
Isaac Ebbott	Eh Th'Blay Paw	Kurt Werner
Allison Ehrlich	Kayla Pehl	Courtney Wildt
Anna Gunderson	Hailey Pfahler	



CHILDREN'S MINISTRY

Tony Acompanado, Director of Faith Formation

APRIL SCHEDULE

3	No Children's Ministry, Easter Break	
10	Saul to Paul	(Acts 9:1-20)
17	Peter and Tabitha	(Acts 9:36-43)
24	Peter's Dream	(Acts 11:1-18)

APRIL CHILDREN'S MINISTRY SERVICE PROJECT

As members of the ELCA, we believe that God is calling us into the world – together. And together, we can do more than we ever could alone – make a huge collective impact on the needs of our church and the world. Throughout the month of April, Children's Ministry will participate in a classroom challenge that connects Ascension to the ELCA Good Gifts Initiative. Stay tuned for more details.



JOLT

APRIL SCHEDULE

7	6:30–8 p.m.	JOLT (Lent projects are due back this date)
14	6:30–8 p.m.	JOLT
16	TBD	JOLT/CRASH Service Event
21	6:30–8 p.m.	JOLT
28	6:30–8 p.m.	JOLT

JOLT/CRASH SERVICE PROJECT

Our student ministries will join forces in service to God and the world. Stay tuned for more details.

CRASH APRIL SCHEDULE

3	6–8 p.m.	CRASH Youth Group
8	7–11 p.m.	Pizza & Laser Tag
16	TBD	JOLT/CRASH Service Event
17	6–8 p.m.	CRASH Youth Group
24	6–8 p.m.	CRASH Youth Group
30	4–10 p.m.	CRASH Dinner & Play

PIZZA & LASER TAG

Join us for a fun evening of unlimited lasertag, trampoline dodgeball, and pizza! \$25/person. Meet at Laser Tag Adventure, in Waukesha, at 6:45 p.m. Pick-up is at 11 p.m. RSVP and payment due no later than Sunday, April 3.



CARE MINISTRIES: MENTAL HEALTH

Brenda Lytle, RN, Director of Care Ministries

Do you have feelings of depression or anxiety? Feeling down or having the blues now and then is normal. And everyone feels anxious from time to time. Losing a loved one, getting fired from a job, going through a divorce, and other difficult situations can lead a person to feel sad, lonely, scared, nervous, or anxious. These feelings are normal reactions to life's stressors. However, some people experience these feelings daily or nearly daily for no apparent reason, making it difficult to carry on with normal, everyday functioning. These people may have an anxiety disorder, depression, or both.

According to the World Health Organization, major depression carries the heaviest burden of disability among mental and behavioral disorders. Specifically, major depression accounts for an estimated 15.7 million adults aged 18 or older in the U.S. This number represented 6.7% of all U.S. adults. It is not uncommon for someone with an anxiety disorder to also suffer from depression. Nearly 50% of people diagnosed with depression are also diagnosed with an anxiety disorder. Women are 60% more likely to experience anxiety over their lifetime than men. The good news is that both disorders are treatable, separately and together.

Some of the symptoms of anxiety and depression are:

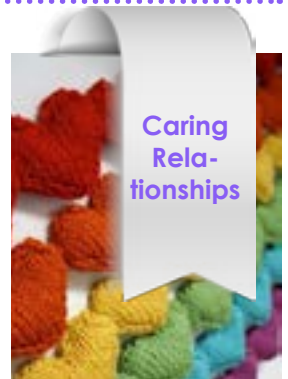
- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide
- Unexplained aches and pains
- Inability to concentrate or indecisiveness

If you are interested in learning more about depression or anxiety, you are invited to join us for a new, medical-based Grapevine Session on the topic on Sunday, April 17, 9:45-10:30, in the sanctuary. I will present a pilot program for the Wisconsin Women's Health Foundation. Join us to learn about ways to improve your mental wellness and how to help others who may be struggling.

The session will cover:

- What is mental health and who is affected?
- Types and symptoms of depression and anxiety
- How to advocate for yourself and others who may have depression or anxiety
- Screenings, treatments, and available resources

As a result of attending the session, I hope you will be able to understand the most common mental health disorders depression and anxiety; act as a resource for the people in your life who are affected by mental illness; and recognize aspects of your own mental health that need improvement, and take the steps to improve them.





CANCER CARE MINISTRY

Brenda Lytle, RN, Director of Care Ministries, is attending a cancer training this month to develop a new Cancer Care Ministry here at Ascension. Cancer touches the lives of all of us whether it is within our families, friends, or church community. Brenda's goal is for Ascension to promote education and create a support group for those affected by cancer! If you are interested in leading this new ministry please contact Brenda, Brenda@ascensionelca.org or 262-547-8518.



SOS: NEW CARE MINISTRY

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



UPCOMING CARE MINISTRIES EVENTS

FREE BLOOD PRESSURE SCREENINGS

April 3 and May 1, between the 9 and 10:45 worship services, in the Hearth Room

YOGA CLASSES AT ASCENSION

Join us April 11–May 16, from 6-7 p.m., in East Hall, with YMCA Instructor Jessica Popp. The cost is \$12 for six weeks. Sign-up is on the Care Ministries bulletin board. Get back in shape and feel healthier for the spring and summer months!

ASCENSION'S PLANT SALE IS BACK!

Spring is just around the corner so order your flowers now! We have an abundance of new Care Ministries that are supported by your flower orders. You can order plants at Ascension on April 17, April 24, and May 1 at a table in the narthex. See the attached Plant Sale Order Form or print one off Ascension's website, www.ascensionelca.org. Pick-up for the flowers will be in the morning on May 21 in Ascension's parking lot.

AARP SAFE DRIVING COURSE

This class is April 22, from 12-4 p.m., in Room 107. This course could reduce your insurance premiums. Sign up on the Care Ministries bulletin board. \$15 for members, \$20 for non-members. The instructor is Marie Renn.

SUMMER WALKING GROUP?

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



KNIT WITS

The Knit Wits are working on another exciting project! The Wisconsin USO asked us to make as many baby blankets, hats, and other baby clothing items as we can.

The Wisconsin USO is having a huge baby shower for local military new moms, in early summer. The USO needs us to have everything delivered to them by May 31. So, if you love to make baby blankets, sweaters,

hats, or buntings, now is your chance to help out. Any pattern can be used. Please drop off all items to Maddie Goetter by May 28 or earlier.

As always, new members are always welcome to join our group of knitters and crocheters. We're still making lapghans for the VA and hats for the community. For more info, contact Maddie at 262-527-4013.

MILITARY MINISTRY

Sheri Greger, Military Ministry Leader

You may have noticed at the soup supper in early March, a few people sporting adult bibs. The Military Ministry of Ascension has been asked to make adult bibs for the VA. The pattern is pretty simple and fairly easy to sew. If you are interested in making bibs, please contact Sheri Greger or Maddie Goetter for a pattern. We also continue to accept foley bag covers for the VA too. Interested in helping, but not able to sew? You could donate fabric for the bibs or bags. These are for the VA so please be conscious of prints (nothing to flowery, kid, etc...).

Upcoming events will include an opportunity for the congregation to remember a loved one and purchase a flag to be displayed with a tag on Memorial Day. Look for the Military Ministry to have a table set up in the narthex to purchase a flag in memory of a loved one. We encourage you to purchase a flag in honor of anyone (doesn't have to be a veteran). Continue to check the bulletin for more information.

If you have further questions or would like more information, contact Sheri Greger at sheri_frogs@yahoo.com or 262-424-6219. We would love for anyone to join us and take part in this ministry.

THANK YOU TO ASCENSION'S MILITARY MINISTRY

On behalf of the VA patients and staff, we would like to extend our appreciation for your donation of lap blankets for the veterans. Your thoughtfulness will help keep our veterans nice and cozy during frigid WI winters. The time and effort you put into the lap blankets is not overlooked or underappreciated. Thank you very much. Without your support, we could not provide for the smaller niceties that make hospitalization more bearable. The commitment you have shown to our patients demonstrates your concern for America's heroes, as well as the service our veterans have given to our country.

– *Carrie Waschlitz*, Chief, Voluntary Service

YOUNG AT HEART

Young at Heart is a group of over-55 people looking to enjoy an afternoon of socializing. And where better than at our church?! We start with prayer and a potluck lunch. Then we enjoy some entertainment or a speaker and games. Currently, we play Sheepshead and Sequence, but we are open to trying new things. There is no commitment. Come when you are able. We ask for a donation of \$10 each year to defray some of the expenses. We meet on the third Wednesday of each month in Ascension's East Hall. Since it is a potluck, we ask you to bring a dish to pass if you are able. We always have plenty of food. Our next meeting is on Wednesday, May 16, at noon. If you have questions, call Celeste Defenbaugh at 262-370-4522, Beth Hoffmann at 262-542-7447, or Arlene Davis at 262-542-9119.

THE DANIEL PLAN

A new Daniel Plan small group starts Sunday, April 10, from 6-8 p.m. and runs for six weeks. People interested in joining the group or seeking more information should contact Steve and Carol Spieker, cspieker@budgetblinds.com.

TEA TIME

This month, TEA Time (sponsored by Supermoms) is April 10 instead of April 3 because of Spring Break. In May, we'll return to meeting on the first Sunday of the month. We'll meet Sunday, May 1. We meet from 9:45-10:35 a.m. in the Prayer Room.





A TASTE OF THE DANIEL PLAN

Steve and Carol Spieker, The Daniel Plan Leaders

Gluten. It seems to be all the buzz lately, yet few people understand much about it. Since there's money to be made, the food industry has created marketing blitz to get people to buy their over-processed, over-priced gluten-free products. We want to share some truths about gluten and explain what it is and why it has become such a problem for the health of so many Americans.

Like everything else in our food supply, manufacturers tinkered with wheat genetics so wheat produces quicker, grows taller, resists pesticides, and creates fluffier products with the creation of a *super* gluten. The result of this tinkering is what author of the *Wheat Belly* books, William Davis, refers to as *Frankengrain*. This super gluten is something our bodies were not designed for and the effect is inflammation to the bodies of countless Americans.

Someone whose body has a significant negative reaction to gluten is referred to as gluten intolerant (or someone having celiac disease.) Celiac is an autoimmune disease that results in the inflammation of the intestine. There is now a growing population of people that are referred to as *gluten sensitive*. Gluten sensitivity is not a genetic, autoimmune disease like celiac but has many of the same symptoms as celiac disease.

Co-author of *The Daniel Plan*, Dr. Mark Hyman, states that 99 percent of those that have sensitivity to gluten do not even know it. While they surely have symptoms of ill health, they are often attribute them to other issues and thus mistreat them. The New England Journal of Medicine listed 55 diseases which are a direct result of gluten sensitivity, including: cancer, fatigue, canker sores, skin issues, lupus, MS, fibromyalgia, and most other autoimmune diseases. Problems with gluten have also been linked to many psychiatric and neurological issues.

Dr. Hyman states that one third of the population suffers from gluten sensitivity. (We have heard estimates from other sources estimated as high as 70 percent)! We are both are gluten sensitive. Fortunately for us, it was discovered by an investigative, alternative medical professional. A saliva test, capable of detecting “sensitivity” as opposed to full blown intolerance, uncovered our sensitivity. Intolerance has historically been detected with a blood test (which will not detect a sensitivity).

Allowing the effects of gluten to erode your body can cause permanent damage. In fact, we know someone whose issues with gluten put him into liver failure and he almost died! This is not something to ignore.

The Daniel Plan will teach you the ills of gluten as well as sugars, artificial sweeteners, and colorings, bad fats, and many other harmful things you are ingesting. It explains how the *right* foods can actually help you heal your body, mind, and spirit. A new six-week Daniel Plan study on Sunday nights will be starting on April 10. Make plans to make this your time to get on the right path to health.

CHIA COCONUT BROWN RICE BREAKFAST

- 1 C cooked brown rice
- 1/4 C chia seeds
- 2 C coconut milk
- 2 T coconut flakes

Combine ingredients in a container and refrigerate at least 1 hour. Enjoy warm or cold. (Serves 3-4)

CROSS LUTHERAN CHURCH PARTNERSHIP

Shirley Wehmeier, Mission Outreach Wing Leader

Save the dates for these special events with Cross. The annual Golf Outing is Friday, June 24, at Willow Run and Cross's Community Picnic is Sunday, August 21, at a Milwaukee park. Details will be in future newsletters.

EL SALVADOR PARTNERSHIP: AGROFERRETERIA

Sarah Aparicio, Mission Outreach Member

We have heard news from El Salvador that, from December to February, the hardware store made enough money to give \$1,200 to El Buen Pastor congregation, over and above paying salaries. Their new goal is to get a semi so they can get better prices by going farther to get supplies. A couple from another partnership congregation as seed money. What a blessing to see the little store that Ascension helped build now providing jobs for the young men who work there, providing affordable supplies to the community, and giving contributions to the local congregation! Not only has the store grown in size and number of products, they have also started a second store in a neighboring community. This project shows the blessings of accompaniment in mission and the positive impact it has on those we partner with.



TANZANIA PARTNERSHIP

On April 5, at 6:30 p.m., members of St. Luke's Mission Committee will join our Mission Outreach meeting to talk about their experiences with the congregations they partner with in the Meru Diocese of Tanzania. The first part of our regular meeting will be dedicated to learning from them and starting to plan for how we will carry out our partnership. If you are interested in being part of shaping this partnership, please plan to attend our meeting. The entire Mission Outreach Committee is encouraged to be a part of this discussion and then continue with the rest of our meeting updates.



SOPHIA NEWS

HUMAN TRAFFICKING FORUM

Are you aware that according to Slave Free Wisconsin there are over 200 cases of human trafficking in Wisconsin? Authorities believe that number is under reported due to the difficulty in identifying the victims. On Saturday, April 9, from 8:30 a.m.–12 p.m., at Ascension Plowshare and SOPHIA will present a forum on human trafficking, which will consist of several presentations combined with an opportunity to dialog with the presenters and visit informative exhibits on the subject of human trafficking. Registration and visiting exhibits begins at 8:30 a.m., with the program at 9 a.m.

SOPHIA SILENT AUCTION AND PRAYER BREAKFAST

This year's Prayer Breakfast and Silent Auction Fundraiser is Saturday, April 23, at 8:30 a.m., at Carroll University Center for Graduate Studies, 2140 Davidson Road, Waukesha, WI 53186. Event tickets are \$40. \$25 is tax deductible. Contact Bob Stoll, 708-557-1564, or Iva Richards for tickets and more information.

SOPHIA's Prayer Breakfast will feature peace activist Captain Paul K. Chappell, a 2002 West Point graduate who served in Iraq. He is an author, a national and international speaker, Leadership Director for the Nuclear Age Peace Foundation, who also leads workshops on



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peace. Paul has written a series of books about waging peace, ending war, and what it means to be human. *Why Peace is Possible* will be Captain Chappell's keynote topic. His ability as a speaker, motivator, and anti-war activist has established him as an outstanding voice for peace and justice.

A WELCOME AND A THANK YOU

Mission Outreach is pleased to welcome Bob Stoll to our Mission Outreach Committee as the Ascension SOPHIA representative. SOPHIA is an interfaith organization of people actively living their faith and values taking seriously the Old Testament passage: "He has told you, O man, what is good; And what does the LORD require of you but to do justice, to love kindness, and to walk humbly with your God?" (Micah 6:8). Welcome, Bob and blessings as you begin your work with SOPHIA.

Iva Richards has been the SOPHIA representative for many years. Iva takes her faith seriously and truly lives out the Micah passage. As she steps down from her role in SOPHIA, we thank her for her dedication and service to those in need. We also are thankful that Iva continues to serve on Ascension's Mission Outreach Committee so we can continue to learn from her and see her example of unselfish service and faith.



GRATITUDE TO THE KNIT WITS

Thank you so much for your continued support of our mission here at the Waukesha Salvation Army. Your gift of 123 hats came at a perfect time as winter has finally settled in here in Waukesha. The men of our Emergency Lodge and the families we serve through our food pantry are VERY grateful for these hats! Blessings! - *Phil Hanson*, Volunteer Coordinator

FROM ANNETTE FORMO

Thank you for your prayers, calls, cards, and Care Ministry hospital visits. Also, thank you to everyone who donates blood so it is available when needed.

FROM THE GREATER MILWAUKEE SYNOD

Thank you to the members of Ascension Lutheran Church for \$25,000 in Mission Support, beyond the congregation, for synodical and churchwide ministries of the ELCA. - *Rev. Jeffery Barrow*, Synod Bishop, and *Elizabeth A. Eaton*, Presiding Bishop, ELCA.

FROM LUTHER COLLEGE

Friends at Ascension - We gratefully acknowledge your EPIC Scholarship for Caitlin Marschall. Thank you for your partnership in her education.

FROM HEBRON HOUSE OF HOSPITALITY

We greatly appreciate your kindness and the wonderful in-kind donation you made to Hebron House of Hospitality, Inc. Thank you for choosing us to donate to.

FROM THE FOOD PANTRY OF WAUKESHA COUNTY

Thank you so much for your donations of food, toiletries, and other miscellaneous items in the past year. Your generosity, along with those who are able to supply financial support and volunteer hours to the Food Pantry will ensure that we can continue our strong history of service to approximately 1,400 people per week. We regret that we cannot say thank you each time we receive your much needed items, but please know that we are very grateful and so are the people we serve. Again, thank you for helping us strive to make our vision a reality: End Hunger. Start Here. - *Karen Tredwell*, Executive Director

CARE MINISTRIES PLANT SALE ORDER FORM

2016

Plant Name	Color	Pot Size	Price	Order Qty.	Order \$ Amount	Plant Name	Color	Plant per Flat	Price	Order Qty.	Order \$ Amount
POTS						FLATS					
Geraniums	Red	4 1/2"	\$4.00			Alyssum	White	48	\$16.00		
	White	4 1/2"	\$4.00			Begonia with	Pink	48	\$16.00		
	Pink	4 1/2"	\$4.00			Green leaf	White	48	\$16.00		
	Rose	4 1/2"	\$4.00			Coleus	Mixed	48	\$16.00		
	Salmon	4 1/2"	\$4.00			Impatiens	Red	48	\$16.00		
Wave Petunia	Pink	4 1/2"	\$4.00			8-10"	White	48	\$16.00		
	Purple	4 1/2"	\$4.00				Pink	48	\$16.00		
Sun Impatiens	Red	4 1/2"	\$4.00				Mixed	48	\$16.00		
	Pink	4 1/2"	\$4.00				Sallmon	48	\$16.00		
	Lavender	4 1/2"	\$4.00				Rose	48	\$16.00		
	White	4 1/2"	\$4.00			Lobelias	Blue	48	\$16.00		
	Orange	4 1/2"	\$4.00			Marigold Tall	Yellow	48	\$16.00		
Bacopa	White	4 1/2"	\$4.00								
Million Bells	Assorted	4 1/2"	\$4.00			Marigold Dwarf	Mixed	48	\$16.00		
Coleus	Assorted	4 1/2"	\$4.00			Pansey	Mixed	48	\$16.00		
Bidens	Yellow	4 1/2"	\$4.00			Petunia	Red	48	\$16.00		
Scaevola	Blue	4 1/2"	\$4.00				Blue	48	\$16.00		
Dragon Wing Begonia	Assorted	4 1/2"	\$4.00				Mixed	48	\$16.00		
Lantana	Assorted	4 1/2"	\$4.00				White	48	\$16.00		
Vinca Vine	Green	4 1/2"	\$4.00			Moss Rose	Mixed	48	\$16.00		
Asparagus Fern	Green	4 1/2"	\$4.00			Salvia	Red	48	\$16.00		
Spike	Green	4 1/2"	\$4.00				Blue	48	\$16.00		
Tomatoes	Red Med.	3"	\$2.00								
Bell Peppers	Green	3"	\$2.00								
Planters						Snapdragon Tall	Mixed	48	\$16.00		
Geranium Patio w/ spike & vinca vine	Red	12" diam	\$35.00								
	Pink	12" diam	\$35.00			Snapdragon Dwarf	Mixed	48	\$16.00		
Mixed planter	Assorted	14" diam	\$35.00								
Lg. Euro Planter	Mixed	16" diam	\$45.00								
Flower Pouch/Imp	Mixed	2'	\$23.00			Zinnias Dwarf	Mixed	48	\$16.00		
New Porch Pots						Column B Subtotal					
Whopper Begonia	Pink	10"	\$23.00			Column A Subtotal					
Dahlias	Assorted	10"	\$23.00			Coupons			\$10.00		
Lantana	Mixed	10"	\$23.00			TOTAL ORDER					
Zinnia	Mixed	10"	\$23.00								
Baskets						Make Payment to Ascension - Care Ministries					
Fuchsia	Assorted	10"	\$23.00			Customer Name _____					
Shade Impatiens	Pink	10"	\$23.00			Telephone Number _____					
	Mixed	10"	\$23.00			Check Number _____					
Geraniums, Ivy	Red	10"	\$23.00								
	Pink	10"	\$23.00								
	Lavender	10"	\$23.00								
Moss Rose	Mixed	10"	\$23.00								
Million Bells	Mixed	10"	\$23.00								
Mixed garden	Mixed	10"	\$23.00								
Wave Petunia Patriotic	Red, White & / Blue	10"	\$23.00								
Column Subtotal A:											

cut off here

REMINDER: PLANT PICK UP IS SATURDAY MAY 21, 2016 9:00-11:00 a.m.

APRIL 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
Room Key EH = East Hall HR = Hearth Room K = Kitchen N = Narthex NR = Nursery PL = Parking Lot PR = Prayer Room S = Sanctuary WH = West Hall YR = Youth Room					1	2 8:30am Proper- ty Day
3 First Communion 8:30am Worship 9:30am Coffee Fellowship 9:45am Adult Ed. S 9:45am Children's Ministry 9:45am Puppets EH 9:45am Blood Pressure N 10:45am Worship 6pm AA mtg WH 7pm AA closed mtg WH	4 9:45am AI Anon WH 5:30pm Prayer Group PR 5:30pm GABS 107 6:30pm AMEN 107	5 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 6:30pm Mission Outreach 107 7pm Mutual Ministry PR	6 8am Private Group PR 9am Young at Heart, Denny's 9:30am Cross Meal 12:30pm Private NR 12:30pm Women's Nurture PR 6pm Handbells S 7pm Wisdom AA WH 7:30pm Choir S	7 10am AI Anon WH 1pm Quilting at Bissett's 5:15pm Angel Choir S 5:45pm Joyful Sounds S 6:30pm JOLT EH, S 7pm Ballantyne 107	8 7pm CRASH Pizza & Lazer Tag	9 8:30am Plow- share Event EH, WH
10 8:30am Worship 9:30am Coffee Fellowship 9:45am Adult Ed. S 9:45am Puppets EH 9:45am Children's Ministry 9:45am TEA Time PR 10:45am Worship 1pm Private Group WH 6pm AA mtg WH 6pm CRASH S, EH, YR 6pm The Daniel Plan 107 7pm AA closed mtg WH	11 9:45am AI Anon WH 1pm Living Letters 106 5:30pm GABS 107 6pm Yoga EH 6:30pm AMEN 107 7pm Wing Leader Mtg. PR	12 6:30am AMEN 107 9:30am Women's Bible Study HR 7pm Pillow People 107	13 8am Private Group PR 11:45am Men's Nurture 106 12:30pm Private NR 2pm Staff Mtg. 5:30pm Cloverleaf EH 6pm Handbells S 6:30pm AMEN Leaders Mtg. 107 7pm Wisdom AA WH 7:45pm Choir S	14 10am AI Anon WH 10am TGBG PR 1pm Quilting at Bissett's 5:15pm Angel Choir S 5:45pm Joyful Sounds S 6:30pm JOLT EH, S 7pm Ballantyne 107 7pm Care Ministries PR 7pm Military Ministry 106	15 Newsletter Deadline	16 8am Knit Wits EH 9am CRASH/ JOLT Service Event 10:30am Folk Choir S
17 Plant Sale 8:30am Worship 9:30am Coffee Fellowship 9:45am Adult Ed. S 9:45am Puppets EH 9:45am Children's Ministry 10:45am Worship 1pm Private Group WH 6pm AA mtg WH 6pm CRASH S, EH, YR 6pm The Daniel Plan 107 7pm AA closed mtg WH	18 9:45am AI Anon WH 5:30pm Prayer Group PR 5:30pm GABS 107 6pm Yoga EH 6:30pm AMEN 107	19 6:30am AMEN 107 9:30am TGIT 107 9:30am Women's Bible Study HR 7pm Council 107	20 8am Private Group PR 12pm Young at Heart Potluck EH, WH, K 12:30pm Women's Nurture PR 12:30pm Private NR 6pm Handbells S 7pm Wisdom AA WH 7:30pm Choir S	21 10am AI Anon WH 1pm Quilting at Bissett's 5:15pm Angel Choir S 5:45pm Joyful Sounds S 6:30pm JOLT EH, S 7pm Ballantyne 107	22 Knit Wits Retreat 12pm AARP Safe Driv- ing Class 107	23 10am Private Event EH, K
24 Knit Wits Retreat Plant Sale 8:30am Worship 9:30am Coffee Fellowship 9:45am Adult Ed. S 9:45am Puppets EH 9:45am Children's Ministry 10:45am Worship 1pm Private Group WH 6pm AA mtg WH 6pm CRASH S, EH, YR 6pm The Daniel Plan 107 7pm AA closed mtg WH	25 9:45am AI Anon WH 5:30pm GABS 107 6:15pm Knit Wits WH 6:30pm AMEN 107	26 6:30am AMEN 107 9:30am Women's Bible Study HR 6pm GriefShare YR 7pm Pillow People 107	27 8am Private Group PR 12:30pm Private NR 2pm Staff Mtg. 6pm Handbells S 7pm Wisdom AA WH 7:30pm Choir S	28 10am AI Anon WH 10am TGBG PR 1pm Quilting at Bissett's 5:15pm Angel Choir S 5:45pm Joyful Sounds S 6:30pm JOLT EH, S 7pm Ballantyne 107	29	30 4pm CRASH Dinner & Play