



The Messenger

Ascension Lutheran Church

Vol. 39, No. 7

July 2018

MINISTERS

"As a progressive and open church, we boldly make Christ's vision known."

STAFF

Julie Bailey, Pastor
Bob Aldrich, Education Coordinator
Jennifer Salowitz, Musician/Choir Director
Sara Gregor, Parish Nurse
Cheryl Huebner, Secretary
Dawn Dalton, Custodian
Lisa Mlujeak, Custodian
Nicole Crump, Nursery Attendant
Melissa Durow, Nursery Attendant

EXECUTIVE BOARD

Kris Friend, President
Steve Salowitz, Vice President
Charleen Boland, Treasurer
Kathy McNally, Secretary

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WORSHIP SCHEDULE

Sundays 8:00am & 10:30am
Wednesdays 7:00pm

Phone (989) 781-2170
ascensionlc@sbcglobal.net
Website - www.ascensionlc.org

A MESSAGE FROM PASTOR JULIE

For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor.—Romans 2:4-10



Paul is writing to the early Christians, but could be writing to us today. Like the early Christians, like human beings from all time, we often regard some gifts, some giving, and some service as more highly valued than the gifts of others. When tired or frustrated, we might find ourselves communicating how much we do and how much others aren't doing. Whether we realize it or not, we get caught up in a system that places value on some things more than others; and unfortunately leads to valuing some people more than others. Paul is reminding us that this is not the way of a Christian community.

We are gifted differently! This includes what we are passionate about, what skills we have, what roles we may have. It also is different in our time of life.

I am so thankful for the people who step up and do things necessary around the church and in our community. We are one body of Christ, and individually we are members one of another. Together we use our gifts to be the church in our community.

As the body of Christ, where do you see your gifts and passions best served? How can your gifts contribute to the ministry of the Church? Because the truth is, we need you all!

I end this month's Scripture to Live By with the words of Paul:

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect. For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.—Romans 12:2-3

YOUTH

3RD ANNUAL SOCCER CAMP: JULY 23RD—JULY 26TH

Wow, can you believe it has been three years since we began using sports to teach about Jesus? The time just flies by so fast when we have such an awesome story to share and a great way to get the point across.

We will once again be hosting a four-day soccer camp at Ascension from 6:00 p.m. - 8:30 p.m. As always, it will take a small army of volunteers to provide a high quality camp experience. We are looking for volunteers from Ascension to fill some very key positions. Please prayerfully consider sharing your gifts with the kids who come to learn about soccer and Jesus.



Positions Needed and Time Commitment:

****Daily Bible Devotion Leader (Each day 6 - 7pm)***

You will lead a small group of campers of the same age group in a faith-based discussion. All of the materials will be provided for you; we just need you to share your faith and time.

****Adult Snack Leader (Each day 6 - 7:30pm/shopping and prep time as needed)***

You will work with camp directors to plan daily snacks and purchase all needed supplies. You will then work with your Snack Team to prepare the daily snacks and deliver them to the Bible Devotions rooms at the pre-arranged times.

****Snack Helper (Each day 6 - 7:30pm)***

As a snack helper you will work with the Snack Leader to prepare, deliver and clean up after the daily snacks.

****Registration Helper (Each day 5 - 6pm)***

You will be working with our Director of Logistics and Public Relations to check in each camper daily and help with the daily running of the camp. On the first day you will help smoothly and quickly get all campers registered and ensure that they have all of their camp supplies.

****Soccer Camp Assistant Coach (Each day 5:30 - 8:30pm)***

You need to have a soccer background for this spot; so if you do, why not share it with the kids? This coach works under the four head coaches and our Director of Soccer on the field to teach the fundamentals of the game and good Christian sportsmanship to all the campers. You will be assigned to an area or a team for the week.

****Sideline Cheer Squad (Any day 6 - 8:30pm)***

Can't play soccer and don't want to commit to coming every day? No problem; come be a part of our cheer squad. Come any day to cheer on our campers, coaches and helpers. Feel free to bring your own pom poms and signs.

Should you have any further questions about any specific position or anything camp related, please feel free to talk to one of the camp directors: Bob Aldrich, Brittany Aldrich or Dave Dawson.



WEDNESDAY NIGHT YOUTH GATHERING

Join us for our Wednesday Youth Nights at 8:00 p.m. at the Pavilion. What will we do? We have the gaga ball pit and we can play volleyball. Hopefully we will have some crafts, food, campfires, games, and a place to hang out. You can help by bringing water or pop to share (we will put in the refrigerator) and snacks. We will need adult chaperones. And of course, invite all your friends!!!

YOUTH



2018 Confirmation Class

Nathan Ryder
Alex McClure
Max Faerber
Madison Huston
Ashley Blehm
Carlie Kolb
Erika Collier



WORSHIP AND EDUCATION

CONTEMPORARY WORSHIP SERVICE

We will begin a contemporary service at the 10:30 a.m. service on the 2nd Sunday of each month beginning in September. I'm seeking anyone interested in joining the contemporary team as an instrumentalist or vocalist. Lots of possibilities! From youth who play in the band at school to others taking private lessons, or adults who play a variety of instruments—all are welcomed to inquire and discuss possibilities. Please contact Jen Salowitz at (810) 310-0493 or jldowell2@yahoo.com for more information.

OTHER

HOSPITALITY MANAGER TRAINING

The hospitality manager training session was conducted by Rick Herren on June 3rd. Hospitality managers, ushers, members of the Safety and Security Team and the council president were in attendance. The training included the responsibilities of the hospitality managers, which are monitoring all door access and locking the doors during the regularly scheduled services; also, observing the parking lot for advance warning of potential issues. Your safety during the service is the most important issue. The doors are always locked during business hours, with access given by ringing the doorbell. The following topics were also covered: calling 911, first aid, responding to medical emergencies, and firearms and conflict resolution.

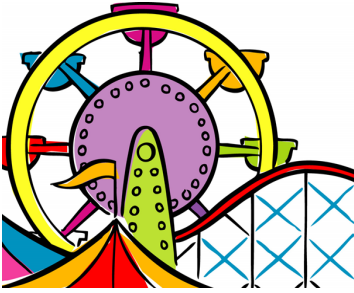


The Safety and Security Team includes Rick Herren, John Whelton, Dawn Dalton, Jim Stuart, Mike Clifford and Ron Fries. Your comments or concerns are welcomed by any of the committee members.

OTHER

MUSTARD SEED SHELTER

It's Christmas in July! We are showering Mustard Seed Shelter with toiletry and cleaning products this month. Please gather personal care items such as toothbrushes, toothpaste, deodorant, soap, shampoo and conditioner (full-sized), and body wash as well as household cleaning products. Watch for boxes that will be placed under the windows in the Gathering Area throughout the month of July! If you have any questions, please contact Jennifer Salowitz or Marty Debozy.



MICHIGAN ADVENTURE

The Youth Group is going to Michigan Adventure on Tuesday, July 10th from 8:00 a.m. until midnight. This event is open to all youth going into the 6th grade - 12th grade. The cost is \$60.00. Checks should be made to Ascension Youth. Friends are welcome!!! Bring sunscreen, snacks for the bus and money for food at the park. *Because there is room on the bus, the trip is now open to any families who wish to go. Please reserve your spot and turn your money in ASAP. All money must be turned in by July 8th.*

RUMMAGE SALE

We will be holding our Annual Rummage Sale on Friday, September 14th and Saturday, September 15th. Proceeds will benefit our Outreach Ministry and Youth Ministry. We need your help! Please donate items that are still in good, working condition. If it should be thrown away, throw it away. But if you just don't want or need it, we will be happy to take it off your hands. Donations may be dropped off during regular office hours. Please call the Church Office to make sure someone is available to open the garage.



If you would like to help organize the sale, please contact Pastor Julie. We will be setting up times to organize the items throughout the summer. Put the dates on your calendar so that you can help work. Thanks in advance for helping to make this a successful event!!



FUNERAL LUNCHEONS UPDATE

A big thank you to Bettie Lyle as she ends her tenure as the coordinator of the funeral luncheon team. For years, Bettie has called and coordinated people to provide this hospitality ministry to grieving families. Bettie determined at the end of May to retire from coordinating this ministry. Please thank her for the time and love she put into this ministry for so many years.

Funeral Luncheon

A big thank you also goes out to Dawn Dalton and Rusty Van Marter who, in the interim, put together recent funeral luncheons. Our congregation came together to provide a time for fellowship for family and friends.

Currently, a team of people are looking at procedures on how to continue this ministry in a faithful way and it looks like the coordinating position will be shared. People will be needed for setting up, clean up, serving, and of course providing food—never one of our problems. Thank you to this congregation and the many who are involved in helping with this ministry. It is a ministry!

THANK YOU

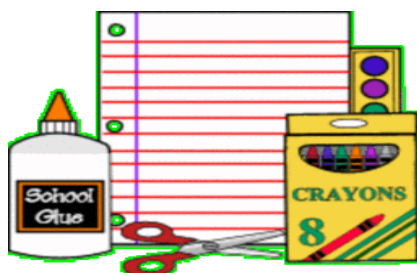
The family of Jill Colpean would like to thank Pastor Julie and the members of Ascension for your heartfelt love and support during our time of sadness. A special thank you to the people of Ascension for preparing and setting up the wonderful funeral luncheon.



OTHER

UPDATE ON BERTHA WILSON TRUST FUND TEAM MEMBERS

Thank you to Bob Dillenbeck for serving on the Bertha Wilson team for the past three years. His term has expired and Gus Hendrickson has been appointed to serve on this team for the next term.



BACK TO SCHOOL FAIR—THURSDAY, AUGUST 9TH

We need many hands to make this event a success. There are ways to serve, large and small. Can't do heavy lifting? No problem! Like to keep busy? No problem! Need a sit-down job? No problem! Hopefully you are seeing the theme here—we need everyone to make this event a success. This is Ascension's time to shine the light of Jesus into the community by providing 500 backpacks to area children with necessary supplies, gently used clothing, and new socks and underwear. We also partner with the local Sheriff's Department and Fire Departments, and other area agencies. We will also be holding a blood drive. This year we are also partnering with the Food Bank to hold a mass food giveaway during our event. Please sign up on the Kiosk if you can serve in some capacity or call Kris at 245-6446 or Rusty at 781-7803. ***T-shirt order forms are available on the Kiosk if you need a God's Work Our Hands t-shirt.***

We need children's clothes Kindergarten through 18 years for our clothing giveaway at the Back to School Fair—clean and gently used, school appropriate. Please look through your closets and bring in gently used clothing. Don't have kids' clothing in your closets? Ask your family and friends for their gently used kids' clothes. Post the need on Facebook or in the break room at work if possible—spread the word! We need to assist in providing clothes to 500 kids of all ages, shapes and sizes. We need **NEW** socks and underwear for the giveaway also. This is a huge need, and we all know the cost of these basic but essential needs. I am sure most of us change our socks and underwear at least once a day—imagine not having this luxury.

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We provide three pair of socks to every child that attends the Back to School Fair. We are in need of socks of all sizes, colors, and styles, but especially need the following sizes:

Gender/type	US Size	Sock Size	Shoe Size
Men's	---	6-12	---
Women's	---	4-10, 8-12	---
Boys and Girls	XS	6-7.5	7.5-11.5
Boys and Girls	Med	8-9.5	2-5.5
Boys and Girls	Lg	9-11	4-10



We provide three pairs of underwear to every child that attends the Back to School Fair. We need all sizes, colors, and styles but especially the following sizes:

Gender/type	US size	Numeric size
Boys	XS and Small	2-4 and 6-8
Boys	Med, Lg and XL	10-12, 14-16, 18-20
Girls	Small, Med, Lg	6, 8, 10
Men's	Small, Med, Lg	---
Women's	XS, Small, Med, Lg, XL	5, 6, 7, 8, 9, 10




OTHER

ALTAR FLOWERS FOR JULY

July 1st	<i>Flowers Needed</i>
July 8th	Given to the Glory of God by Jack and Delila Colpean
July 15th	Given in Honor of Jack Herren's Birthday by Bonnie Cavendish
July 22nd	Given in Memory of Jerry and Leslee's Anniversary by Leslee Arnst
July 29th	Given in Celebration of Kristen's 18th Birthday by Cheryl Huebner

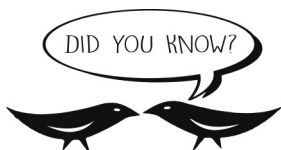


The Flower Chart is posted in the Gathering Area on the Usher/Acolyte Room door. The cost is \$25.00. A payment envelope will be mailed to you. These arrangements are placed in the Sanctuary each week for worship and may be picked up after the late service on Sunday morning.

**CHURCH OFFICE CLOSED**

The Church Office will be closed July 2nd through July 6th. Please contact Pastor Julie at 574-5663 if you need pastoral care during this time.

PRESIDENT'S MESSAGE



Dear Fellow Members in Christ,

Summer is here, and like all summers in Michigan it is bound to go by fast. I want to highlight a few items before they are here and gone, just like summer.

Soccer Camp and the Back to School Fair are two great opportunities to serve and share the love of God with the greater community. If you are unsure what Soccer Camp is, please speak to Dave Dawson, Bob Aldrich or Brittany Aldrich. There are several ways to help share the love of Christ and soccer with the youth of the area through this event. Not your thing? Help by spreading the word of the event. The Back to School Fair is another event that requires all hands on deck; all hands working together prior to, during the event and for a short time afterwards to pack up after the event. There are several ways to help: donate needed items, spread the word, volunteer the day of the event. If you haven't witnessed either of these events, you should; they are both shining examples of Christ working through us to spread the Gospel and help others. If you have any questions about the Back to School Fair, ask any of the following who serve as chairs to the event: Pastor Julie, Ron Fries, Sue Bailey, Sara Gregor, Andy Friend, Rusty Van Marter, Connie Dutcher, Gina Dillenbeck, Melissa Morgan or myself.

Council continues to meet throughout the summer, as the duties of Governance: Fiduciary, Strategic and Generative do not take a vacation. Hopefully your commitment to Ascension and your faith do not take a vacation this summer, even if you and your family do.

In Christ's Service,

Kris Yackel-Friend

MEMBER NEWS

July Birthdays

1st	Dorothy Mahl	13th	Lija Preston
2nd	Marisa Richardson		Danielle Wenzel
	Makena Whelton	14th	Ellen Foley
	Don Wight		Jack Herren
3rd	Barb Robishaw	15th	Sally Schultz
	Tammy Webb	16th	Nancy Armstrong
4th	Leslie Andrus	17th	Carolyn Ballien
	Hugh Dickie		Barb Huston
	Michael Kolinski	18th	Gabby Dalton
5th	Ahren Awad		Ron Fries
	Diedre Haupt		Elliot Naples
	Lauren Honeysett	20th	Casey Stadler
	Arlene Neuenfeldt	21st	Barb Van Marter
7th	Ray Sundeck	25th	Bev Daubert
	Amy Wortley		Molly McGrandy
8th	Dave Dawson	26th	Bruce Du Hamel
	Dan Wenzel		Norm Hamilton, Sr.
9th	Savannah Morse		Dick Schomaker
10th	Morgan Stadler	28th	Anthony Naples
12th	Julia Hamilton	29th	Adalynn Lovelace
			Ben Salowitz

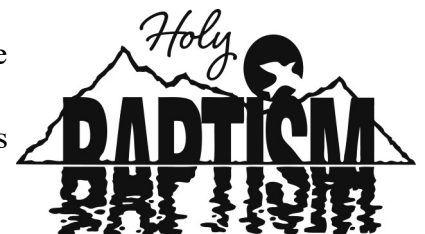
Anniversaries this Month



5th	Jacob and Erin Caverly
6th	Bob and Laura Mancini
7th	Luke and Danielle Hendrick
8th	Pam and Dietrich Mackel
11th	Jim and Wanda Dankert
12th	David and Lori Robins
18th	Bob and Gina Dillenbeck
20th	Ken and Laura Schian
	Everette and Sally Schultz
22nd	Tony and Melanie Dancer
23rd	Rick and Allison Hamilton
28th	Darcy and Diane Lobsiger-Braden
29th	Jeff and Lisa Whelton

Cody Donald Briggs and Dalton Cody Briggs were baptized on Sunday, June 10th. May God bless Cody and Dalton with His gift of grace.

Lillian Marie Hendrick was baptized on Sunday, June 17th. May God bless Lillian with His gift of grace.



MEMBER NEWS

PLEASE REMEMBER THOSE ON ASCENSION'S CARE LIST

These are members who are unable to worship with us on a regular basis, who need to be remembered by their family at Ascension. Mail a card, plan a visit or say a prayer for these members of our church family.

Ron Schultz - 10400 Swan Creek Rd., Saginaw, MI 48609

Bob Foley - Great Lakes Rehab, 4181 Tittabawassee Rd., Saginaw, MI 48604

Frances Edie - 4850 Gratiot Rd., Apt. D2, Saginaw, MI 48638

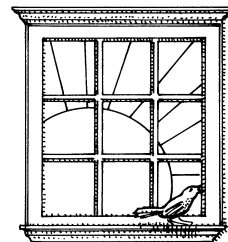
Peggy Lockhart - 6143 Longmeadow Blvd. North, Saginaw, MI 48603

Nancy Holvey - Saginaw Geriatrics Home, 1413 Gratiot, Saginaw, MI 48602

Gene Burchfield - 4354 Mt. Hope Road, Apt. 106, Williamsburg, MI 49690

Helen Nothelfer - 302 Fulton Street, Room 108, St. Charles, MI 48655

Heidi Osterloh - 9345 Geddes Road, Saginaw, MI 48609



HEALTH HIGHLIGHTS



ASCENSION BUILDING SAFETY AND EMERGENCY EXITS QUIZ

Some potential emergency situations come to mind—tornado, fire, possible shooter, etc.

TRUE/FALSE QUIZ!! Do you know where the emergency exits are?

- T F Facing the Altar, there is an emergency exit out the door to the right of the Altar.
- T F Facing the Altar, there is an emergency exit to the left near the piano/organ.
- T F Facing the Altar, there is an emergency exit at the back right in the Sanctuary.
- T F There is an emergency exit out of the Youth Room.
- T F There is an emergency exit out of the Nursery Room.
- T F There is an emergency exit out of the Choir Room.
- T F There is an emergency exit at the end of the long Sunday School hallway.
- T F There is an emergency exit in the Digging Dunes Sunday School room.
- T F There is an emergency exit in the Serengeti Sunday School room.
- T F There is an emergency exit in the Fellowship Hall.

Answers: 1 F; 2 T; 3 T; 4 T; 5 F; 6 T; 7 T; 8 F; 9 T; 10 T

There is an exit through the Library, also. Be aware of your surroundings and exits wherever you go! BE SAFE!

Sara Gregor, Parish Nurse

The MESSENGER is published monthly by
Ascension Lutheran Church.

Deadline for the August 2018 issue is
Monday, July 16th at 12:00 noon.

Articles may be emailed to ascensionmessenger@yahoo.com.

HEALTH HIGHLIGHTS

Health Highlights by Marie Stuart

HEALTHY STUFF!!

Book Review—**FORKS OVER KNIVES: The Plant Based Way to Health**

(Edited by Gene Stone; Copyright 2011 Publisher, The Experiment, LLC New York, NY; published in USA; distributed by Workman Publishing Co, Inc.)

If you are interested in changing your life to improve your health, life and lifestyle, then this is the book for *you*!



FORKS OVER KNIVES is a #1 New York Times best seller as it discusses the plant based diet for health and focuses on vegetarian or vegan style of eating. It also contains 125 easy-to-make recipes. It also discusses heart disease, high blood pressure, diabetes and other related diseases.

The plant based diet is simple....it consists of avoiding anything that comes from a source which has a face or a mother! In other words, “it avoids all meats and fish, dairy and eggs”.

Some of the key principles listed in the book on page 5 and quoted, include:

- Eat plants, more intact and close to nature is better
- Natural, plant based foods will provide the essential nutrients needed for a well balanced diet, with the exception of Vitamin B-12
- Avoid over processed foods (refined sugars, bleached flour, and extracted oils)
- Avoid preservatives and additives
- Eliminate dairy, use plant based milk (soy, almond, coconut or rice milk—the need for calcium can be found in many vegetables)
- Don't worry over carbohydrates...choose broccoli, mangos, melons or pastries
- Eat lots of whole grains, fruits, nuts, beans, and high-fiber foods
- Don't worry about protein...whole plant foods contain an appropriate level of protein—about 10% of calories which exceed more than required for most people

This book is available in most book stores and, of course, online! It is recommended to read the book thoroughly, and discuss with your medical/health advisors before you decide to use a whole plant food diet. Lastly, it is suggested that you should try to eat one day a week, perhaps a meatless meal, and evaluate the results!

Stay Healthy and Fit!

Matthew 7:1 “Do not judge or you will be judged”.

The logo for 'Blood Pressure Screening' features a blue blood pressure cuff and a green stethoscope. The words 'BLOOD PRESSURE' are written in a semi-circle above the cuff, and 'SCREENING' is written in a semi-circle below the stethoscope.	<p>BLOOD PRESSURE SCREENING</p> <p>Mark your calendar for blood pressure screenings by the Parish Health Committee. The next one will be held on Sunday, July 8th after each worship service.</p>
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Health Highlights are brought to you by the Parish Health Committee whose members are Sara Gregor, Parish Nurse, Sharon Boyd, Jennifer Deaton, Dr. Steve Haupt, Marie Stuart, Joan Ford, Kris Friend and Traci Collier, DC.

SERVING IN JULY

Head Ushers--8:00 a.m./10:30 a.m.

- 1 Edna Bell/Dawn Dalton & Jeff Whelton
- 8 David Witker/Tom Page & Jim Stuart
- 15 Tim Wilson/Dave Dawson & Dave Huston
- 22 Marv Lentner/Andy Friend & Bob Beyerlein
- 29 Edna Bell/Dawn Dalton & Jeff Whelton

Acolytes--8:00 a.m./10:30 a.m.

- 1 Mackenzie Morgan/J. Whelton & V. Durow
- 8 No Acolyte/J. Whelton & K. Milbrandt
- 15 Maliyah Johnson/G. Dalton & B. Richardson
- 22 No Acolyte/S. Milbrandt & E. Wardlow
- 29 No Acolyte/Makena Whelton

Prayers of the Church--8:00 a.m./10:30 a.m.

- 1 Charleen Boland/Chris Crump
- 8 David Witker/Tom Page
- 15 Lynn Schomaker/Lisa Espinoza
- 22 Ruth Schomaker/Shelly Dawson
- 29 Charleen Boland/Chris Crump

Readers--8:00 a.m./10:30 a.m.

- 1 Marty Debozy/Lisa Whelton
- 8 Tom Erskine/Chris Crump
- 15 Joan Ford/Dawn Dalton
- 22 Patty Hamilton/Shelly Dawson
- 29 Larry Nuechterlein/Dan Durow

Video Screen Operators--8:00 a.m./10:30 a.m.

- 1 Melissa Czubaj/Ben Salowitz
- 8 Larry Nuechterlein/Volunteer Needed
- 15 Melissa Czubaj/Bob Aldrich
- 22 Ben Salowitz/Volunteer Needed
- 29 Melissa Czubaj/Bob Aldrich

Sound Board Operators--8:00 a.m./10:30 a.m.

- 1 Ashley Blehm/Rusty Van Marter
- 8 Tom Bailey/Josh Crump
- 15 Marty Debozy/Rusty Van Marter
- 22 Tom Bailey/Volunteer Needed
- 29 Marty Debozy/Rusty Van Marter

Friendly Callers

- 1 Bonnie Cavendish
- 8 David Witker
- 15 Sue Bailey
- 22 Bonnie Cavendish
- 29 David Witker

Hospital Callers

- 1 Rick Hamilton
- 8 Carol Lange
- 15 Roger Koppenhofer
- 22 Bettie Lyle
- 29 Sandy Graham



WEDNESDAYS

Head Ushers

- 4 *No Service*
- 11 Mike Clifford
- 18 Ruth Schomaker
- 25 Glen Mack

Readers

- 4 *No Service*
- 11 Mike Clifford
- 18 Larry Nuechterlein
- 25 Joyce Richardson

Sound Board/Video Screen

- 4 *No Service*
- 11 R. Van Marter/Connie Dutcher
- 18 John Schroeder/Glen Mack
- 25 R. Van Marter/Connie Dutcher

Prayers

- 4 *No Service*
- 11 Mike Clifford
- 18 John Grolle
- 25 Connie Dutcher

*Thank you to everyone who participates in these important ministries.
If you are unable to serve on your assigned day,
please let the Church Office know who will be filling in for you.*