

The Messenger

Ascension Lutheran Church

Vol. 39, No. 10

October 2018

MINISTERS

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

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Julie Bailey, Pastor
 Bob Aldrich, Education Coordinator
 Jennifer Salowitz, Musician/Choir Director
 Sara Gregor, Parish Nurse
 Cheryl Huebner, 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

"Now if you are unwilling to serve the Lord, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the Lord."—Joshua 24:15

I can't tell you how many plaques of "as for me and my house, we will serve the Lord" I have seen in my lifetime. Recently in worship, we read this text from Joshua and it hit me—the whole verse of Joshua 24:15—choose this day whom you will serve!

I am very Lutheran to my core and believe that God chooses us through Jesus and in our baptism. I don't choose God, God chooses me. However, I do have the responsibility to choose whom I will serve, this day and every day. And if our time, money, priorities show what and who we serve, I think many of us would have to admit, we do not serve the Lord Jesus Christ.

We have gotten so far away from the days of youth—where Sunday was a day of worship. I hear that Sunday is the only day we can sleep in. I used to sleep in on Saturdays until American Bandstand. Now people are working on Saturdays. There are sports on Sunday morning. I hear that we have to do baking, and shopping and chores Sunday morning and so worship is if we have time.

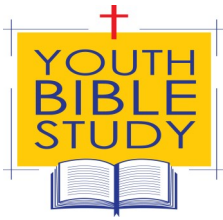
But it isn't just about attending worship—we don't have time to pray, study, fellowship, or tend our relationship with God. We are serving our jobs, the dollar, social expectations, and selfishly sometimes, ourselves. I know this can seem harsh, and maybe it is. Maybe we all need to come to a realization that we are called to choose who we will serve. God chooses you! Do you choose God?

The first commandment reads: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

Gracious Lord, help us to choose to serve you in everything we do, knowing that your ways lead to life. Save us from the temptations around us that lead us away from this relationship, and turn us toward your path and leading. Amen.



YOUTH



SUNDAY MORNING HIGH SCHOOL STUDY

We will meet on Sunday, October 14th at 9:15 a.m. in the Youth Room. We will gather to explore our place in this world. Please join us!!!

GREAT LAKES GATHERING

The Great Lakes Gathering will be held December 27th—30th in Lansing. Registration opens September 1st. The cost is \$105 prior to November 5th. Hotel rooms are \$70 per night, which we will book after we get our registrations—so the earlier the better to make sure we get the rooms! Registration forms are available on the website and on Facebook. For more information go to <http://www.elcalivingwater.com/gathering/>.



WORSHIP



Choir Rehearsals

CHOIR REHEARSALS

Choir rehearsals are held on Thursdays at 6:30 p.m. The choir sings at 8:00 a.m. and 10:30 a.m. on the 4th Sunday of the month through April. All are welcome to join.

CONTEMPORARY WORSHIP SERVICE

We have a contemporary worship service at the 10:30 a.m. service on the second Sunday of each month. 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 welcome to inquire and discuss possibilities. Please contact Jen at (810)310-0493 or jldowell2@yahoo.com.



ANIMAL BLESSING

Join us on Saturday, October 6th at 10:00 a.m. for a Pet Blessing in the Pavilion. In the Scriptures, the act of blessing means 'the imparting of power or life.' The person performing the blessing is mediating that power from God or Christ to the person performing or the animal involved. To bless is more than an expression of goodwill and caring. To bless is to impart God's power and well-being. The blessing of each animal, by name, means that health, healing and life are being mediated from God for the benefit of the animal in its relationship with its human partners. We are going to bless the pets, and the human creatures that live with them. This is a great opportunity to invite friends—human and other creaturely friends.

NOISY OFFERING

We will be taking a Noisy Offering for Living Water Ministries on Sunday, October 28th and Wednesday, October 31st. Please consider donating to this worthwhile cause.



CHRISTIAN EDUCATION

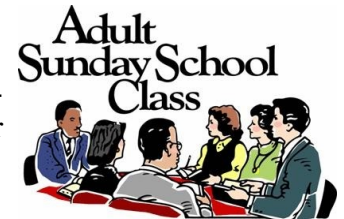


TUESDAY MORNING BIBLE STUDY

We continue our Tuesday morning Bible study of the book of Acts. The class is held from 10:00 a.m - 11:00 a.m. All are welcome to join.

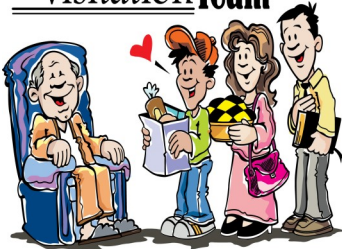
ADULT SUNDAY SCHOOL

Adult Sunday School meets on Sunday, September 23rd at 9:15 a.m. We are studying the Affirmation of Baptism. All are welcome, whether you are a new member or lifelong, knowledgeable or learning the faith, and old or young.



OTHER

Homebound Visitation Team

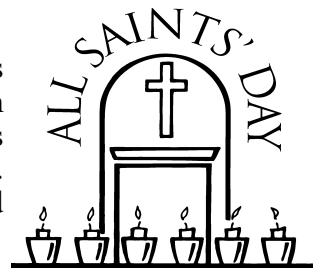


HOMEBOUND VISITATION TEAM NEEDED

Caring for each other is one of the greatest ministries we can do as a congregation. Visiting those who are unable to worship with us is meaningful not only to the person we visit, but the one doing the visiting. Ascension is in need of people who would like to share in this ministry. It would require approximately one hour a month to visit one person. If you think you would be interested in this ministry, please plan on attending an orientation meeting on Tuesday, October 9th at 6:30 p.m. If you just want to learn more, come join us. You may find you are blessed to be a blessing. Please RSVP to the Church Office if you are interested.

ALL SAINTS' SUNDAY

The Altar Guild is offering you the opportunity to remember your deceased loved ones with white carnations. The carnations will be placed in the Sanctuary for worship on November 4th, and can be taken home after the 10:30 a.m. worship service. The cost is \$1.50 per memorial. Please see the sign-up sheet on the Kiosk in the Gathering Area. Sign up deadline is Sunday, October 28th. Please place payment in the basket located in the Church Office. Flowers must be paid for before they will be ordered.



Become Part of Our Church Family

NEW MEMBERS TO BE RECIEVED

Interested in becoming a member of Ascension Lutheran Church? On Sunday, December 2nd and Wednesday, December 5th, we will receive new members. If you are interested in becoming a member, or want more information, please get in touch with Pastor Julie at 574-5663. New member forms are available on our website.

OTHER

ASCENSION LUTHERAN EARNS ENERGY STAR CERTIFICATION FOR THE SECOND YEAR IN A ROW

We're excited to announce that Ascension Lutheran Church has earned ENERGY STAR® certification from the U.S. Environmental Protection Agency (EPA) for the second year!

The next time you visit, check out the little blue label on display at our entrance—it represents proven, verified superior energy performance over a 24-month period. In fact, ENERGY STAR certified buildings and plants perform in the top 25 percent of similar buildings nationwide!

Thank you for being a part of our sustainability story by taking simple actions to cut energy waste—like turning off the lights in empty rooms, and reporting energy waste to our Trustees, and supporting our efforts to install LED lighting and add insulation to the Sanctuary ceiling.

Here's to another year of cutting energy waste, reducing greenhouse gas emissions, and doing our part to protect the environment—together!



THANK YOU

Thank you to all who supported the Rummage Sale by donating, sorting, working and buying. We raised \$994.00 to be split between the Youth Ministry and the Outreach Ministry (weekend food bags for elementary children).

Thank you to those who donated to our Noisy Offering to Samaritas. Together we raised \$730.00 for our partnership in ministry.

ALTAR FLOWERS FOR OCTOBER

October 7th Given in Honor of Their 26th Anniversary and Parent's 50th Anniversary by Kris and Andy Friend

October 14th *Flowers Needed*

October 21st *Flowers Needed*

October 28th Given in Memory of Nelson and Nancy's Anniversary by Nancy Armstrong



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.

The MESSENGER is published monthly by
Ascension Lutheran Church.

Deadline for the November 2018 issue is
Monday, October 15th at 12:00 noon.

Articles may be emailed to ascensionmessenger@yahoo.com.

OTHER



Register Now!!



“Caregiving Tools – Finding Joy in the Journey”

**If you are a Family, Friend or Professional
Caregiver this presentation is for you.**

- *identify 6 Stages of Caregiving
- *purpose & action plan for each stage
- *key coping strategies
- *stumbles & steadies



Marti Hannon – Speaker
Prior caregiver, Professional
Caregiving Presenter and
founder of World Changer
Consulting.

Date: **Saturday,**
October 13, 2018

Times: 9:00 am – 12:00 pm
or
1:30 pm – 4:30 pm

Location: Uptown North Main
975 N Main St.
Frankenmuth MI

Cost: **FREE**

CEU's: Allied Health Professionals
Licensed Social Workers & Nurses
(RN, LPN, APN) can **earn 3 CEU's**
for a fee of \$15.00 (cash/check
only) payment at event.

**Other professionals please inquire*

The registration information for the event can be found at <https://caregiving-tools-finding-joy-in-the-journey.eventbrite.com>. Please contact Larry Nuechterlein at (989)980-0309 if you register and are interested in car pooling.

HEALTH HIGHLIGHTS

FLU SHOT CLINIC

Flu shots will be available at Ascension on Sunday, October 7th. Staff from a local pharmacy will hold the Flu Shot Clinic from 9:00 a.m. to 10:30 a.m. (between services only) in the Fellowship Hall. Two strengths of the flu vaccine will be available. Bring your insurance card, as most insurances are accepted. Without insurance, the flu shots are \$29.00. The pneumonia vaccine will not be available. Please put the date on your calendar. This is so convenient. Please take advantage of the opportunity to stay healthy this winter!!

***Flu Shot forms are available on the Kiosk. Save time—fill out the form prior to the clinic and bring it with you.

Questions? Call Sara Gregor, RN, Parish Nurse at 791-7995.



HEALTH HIGHLIGHTS

Health Highlights by Steven G. Haupt, Ph.D., Licensed Psychologist



COPING WITH ACADEMIC STRESS

The average cost of a college education in the United States has risen 161% since 1987. In Michigan, the cost for a four-year public school has risen 213% over that time as calculated using 2017 dollars. The cost of living nationally has risen by 120% in the same time period. In other words, the cost of a college education has grown at a much faster rate than the cost of living.

However you slice the numbers, this means that a college education is much less affordable today for families seeking to send their children to college, or for students who are trying to put themselves through school—and that adds up to increased pressure on today's high school students to achieve well in school or in sports to earn college scholarships.

So how to manage this stress? To start, it is important to take care of your basic needs, such as eating right and getting adequate sleep. Many high school students forego adequate sleep in order to study, or to spend time with friends, or in some cases to spend extra time texting friends or playing video games.

Time is a limited resource; many high school students pack their week with activities, or in some cases take up time with a job. If one is feeling anxious or exhausted by stress, or due to fatigue one is not concentrating well enough to achieve well, it may be best to drop an activity or two. Accept that you as a person are limited in terms of how much you can do in a given time period. In some cases parents may have to step in to mandate that their children drop an activity to decrease their stress.

When time is limited, scheduling specific times for studying and doing homework may help, with extra time allotted for studying for major examinations and completing large projects and papers. For students who also play sports, academic demands have to be met after practice and games—at a time when one is often physically very tired. It's not that you can't do it, but you have to accept that it is more difficult and a consequence of the choice to participate in sports.

Seeking support can be an effective way to cope with stress. For high school students, talking with a peer or family member about it can help. Knowing that others are having similar experiences can help you to think and feel differently about it.

Keeping balance in your life is important. Along with school and sports, it is important to spend time with friends and family members and to do things that are purely enjoyable. These things provide some relief from the everyday stresses of school.

References: marketwatch.com; aier.org (American Institute for Economic Research web site); collegeboard.org.



BLOOD PRESSURE SCREENING

Mark your calendar for blood pressure screenings by the Parish Health Committee. The next one will be held on Sunday, October 14th after each worship service.

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.

HEALTH HIGHLIGHTS



THE AMERICAN RED CROSS NEEDS VOLUNTEERS

“Give back to humanity, become a Red Cross Volunteer”. Lives are touched every day through:

American Red Cross	Disaster Response	Preparedness Education	Service to the Armed Forces
	Health and Safety Training	Blood Services	Leadership
	Fundraising	International Humanitarian Services	

The Red Cross teaches you and trains you. For more information, contact the American Red Cross, East Central Bay Chapter, 1232 N. Michigan Ave., Saginaw, MI 48602 or call them at (989)754-8181.

Handouts will soon be available titled: “App: redcross.org/monsterguard and “3-Day Survival Kit”.

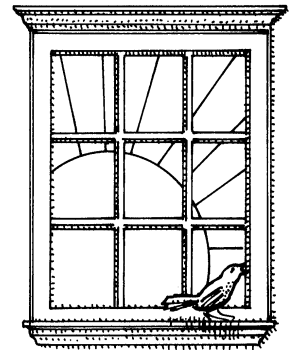
Sara Gregor, Parish Nurse

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
Ray Sundeck - 770 Cheryl Street, Saginaw, MI 48609
Marcy Schafer - 8049 Area Drive, Saginaw, MI 48609
Marv Yancer - 8936 N. Brookshire Drive, Saginaw, MI 48609



Jack Leon Fleissner, son of Brent and Natalie Fleissner, was baptized on Sunday, September 23rd. May God bless Jack with His gift of grace.

THANK YOU

We would like to thank everyone who shared a kind word and prayers to help us get through the loss of our mom. We would also like to thank the ladies who took time to put on the wonderful funeral luncheon. Thank you for the beautiful service and all that were involved in that. Thank you to the ladies who brought over the great dinners to our home. Your kindness will not be forgotten.

Sincerely, Family of Jean List



MEMBER NEWS

October Birthdays

1st	Larry Preston	15th	Landen Steffen
2nd	Paul Lopez	16th	Melissa Durow
4th	Sawyer Gottlieb		Darcy Lobsiger-Braden
5th	Abigail Kolb	17th	Will Salowitz
	Peggy Lockhart	18th	Seraphim Darabos
	Sue Wiggins		Mary Ecker
6th	Tammy Haupt		Halie Turner
	Laura Mancini	20th	Sue Bailey
7th	Joshua Lopez		Ella Bostwick
8th	Shelly Dawson		Madison Morgan
10th	George Osterloh	21st	Tom Bailey
11th	Mike Faerber		Dwayne Hostetler
12th	Jim Hayes	23rd	John Nelson
	Lori Latty	24th	Patricia Joyce
	Dietrich Mackel	25th	Lucas Dreyfus
	Susie Nielsen		Laraine Paquette
13th	Bonnie Cavendish	28th	Michael Clark
	Tom Page	29th	Mitchell Andrus
	Debi Pretzer		Rylan Awad
	Lee Turner	30th	Traci Collier
	Jeff Wenzel	31st	Renae Dickie
15th	Brian Denman		Jaina Kittle
	Norm Hamilton, Jr.		Shelley Martin

Anniversaries this Month



1st	Bob and Ellen Foley
2nd	Joe and Michelle Wardlow
7th	Bob and Dawn Dalton
8th	Jenny and Lisa Maier
8th	Chris and Emily Morse
10th	Andy and Kris Friend
	Leonard and Ruth Howell
	Tom and Lori Page
11th	Dwayne and Melissa Hostetler
13th	Jordan and Lauren Honeysett
	Hayes and Esther Mack
20th	John and Barb Robishaw
21st	Ron and Debbie Viers
22nd	Gene and Nancy Burchfield
	Bob and Peggy Darling



From the heart

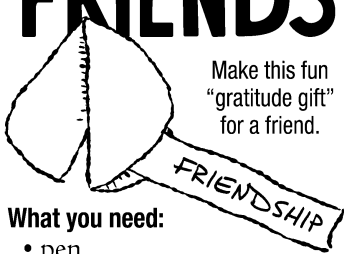
We all need people who share godly wisdom with us.

Directions: First, unscramble the bold letters to spell another word for "pal." Write that word in the first empty row. Then move the words under each bold letter to that letter's new column. The result will be Proverbs 27:9, NIV.

D	E	F	I	R	N
F					
to	bring	Perfume	incense	and	joy
Perfume					
of	the	the	and	heart,	pleasantness
the					
advice.	their	a friend	from	springs	heartfelt
a friend					

Answer: FRIEND; Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice. Proverbs 27:9, NIV

Fortunate FRIENDS



Make this fun "gratitude gift" for a friend.

What you need:

- pen
- round object to trace (about 4 inches across)
- lightweight colored paper
- scissors
- ruled notebook paper
- Chinese food takeout box (or small paper gift bag)
- hot glue gun

What you do:

1. Trace circles onto the colored paper and cut them out.
2. Cut strips of notebook paper and write messages to a friend (or Bible verses about friendship).
3. Fold each circle in half without making a crease. Secure the top center edge with glue.
4. Pull the outside edges together by creating a bend in the center of the paper. Undo the bend and insert the fortune.
5. Re-bend the "cookie" into shape and add glue inside to hold it in place.
6. Put all the "cookies" in a takeout box and give to your friend.

SERVING IN OCTOBER

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

- 7 Tim Wilson/Dave Dawson & Dave Huston
 14 Marv Lentner/Andy Friend & Bob Beyerlein
 21 Edna Bell/Dawn Dalton & Jeff Whelton
 28 David Witker/Tom Page & Jim Stuart

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

- 7 Mackenzie Morgan/Joscelyn & Courtney Whelton
 14 No Acolyte/Alexis Richardson
 21 Maliyah Johnson/Gabby Dalton & Elizabeth Kolb
 28 No Acolyte/Sophia Milbrandt

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

- 7 Lynn Schomaker/Chris Crump
 14 Ruth Schomaker/Shelly Dawson
 21 Charleen Boland/Lisa Espinoza
 28 David Witker/Tom Page

Friendly Callers

- 7 Sue Bailey
 14 Bonnie Cavendish
 21 David Witker
 28 Sue Bailey

Hospital Callers

- 7 Sandy Graham
 14 Rick Hamilton
 21 Carol Lange
 28 Roger Koppenhofer

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

- 7 Charleen Boland/Dawn Dalton
 14 *No Reader/No Reader*
 21 Edna Bell/Melissa Durow
 28 David Witker/Lynda Goward

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

- 7 Melissa Czubaj/*Volunteer Needed*
 14 Larry Nuechterlein/Bob Aldrich
 21 Melissa Czubaj/Bob Aldrich
 28 Larry Nuechterlein/Bob Aldrich

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

- 7 *Volunteer Needed/Volunteer Needed*
 14 Marty Debozy/Rusty Van Marter
 21 Marty Debozy/Rusty Van Marter
 28 *Volunteer Needed/Rusty Van Marter*



WEDNESDAYS

Head Ushers

- 3 Mike Clifford
 10 Ruth Schomaker
 17 Bill Gottlieb
 24 Glen Mack
 31 Ruth Schomaker

Readers

- 3 Mike Clifford
 10 John Schroeder
 17 *No Reader*
 24 Larry Nuechterlein
 31 Joyce Richardson

Sound Board/Video Screen

- 3 R. Van Marter/Glen Mack
 10 J. Schroeder/Connie Dutcher
 17 R. Van Marter/Glen Mack
 24 J. Schroeder/Connie Dutcher
 31 R. Van Marter/Glen Mack

Prayers

- 3 Mike Clifford
 10 John Grolle
 17 Connie Dutcher
 24 Mike Clifford
 31 John Grolle

*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.*