



The Messenger

Ascension Lutheran Church

Vol. 40, No. 1

January 2019

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
Gus Hendrickson, 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 there is no distinction, since all have sinned and fall short of the glory of God; they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a sacrifice of atonement by his blood, effective through faith. He did this to show his righteousness, because in his divine forbearance he had passed over the sins previously committed; it was to prove at the present time that he himself is righteous and that he justifies the one who has faith in Jesus.—Romans 3:22-26



For Lutherans, this understanding of justification is at the heart of the gospel. Justification means being made right; and left on our own, we humans will fall short. It is only through our faith in Jesus and by the acts of Jesus that we are made right—that we are justified by faith.

This is not earned by any merit or good work; it is a free gift from God. Free means free. There is nothing we must do for it.

Relying on the Scripture, primarily in Paul's letters, Martin Luther insisted that faith is key. But what is faith? Faith is a relationship, a form of trust. Faith is believing and trusting in God's promise of forgiveness. Sometimes we get caught up in thinking faith is about head knowledge and intellectual understanding. Faith is a relationship with God, through our savior Jesus the Christ.

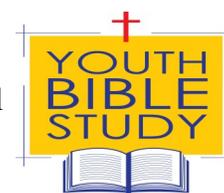
It is from this faith, this relationship that we are drawn to learn more about the one whom we place all our trust. This comes through reading scripture, studying, prayer, worship, and conversation with others. It comes from practice. From faith also flows our desire to share the message with others, through word and deed.

During the month of January, I challenge you to spend time with God and foster your relationship.

YOUTH

SUNDAY MORNING HIGH SCHOOL STUDY

Our next study and fellowship is Sunday, January 13th at 9:15 a.m. in the Youth Room. All are welcome!! Invite your friends!!



2019 CHARGE: MARCH 22ND—MARCH 24TH

Early Registration is \$160. *I will need your registration forms by Wednesday, January 16th in order to get us registered before I leave for continuing education!* This event is for middle school youth and is held at the Great Wolf Lodge in Traverse City. We will have the opportunity to use the water park!!! If you wish to register after January 16th, you can do so. Cost will increase to \$190. I will need some adults who are willing to attend, depending on the number of

youth we have going. If you are interested, please let me know. Once I have a count I can let the adults know if they are needed. Thanks!! Pastor Julie

SUMMER CAMP

We are planning on attending summer camp this year from July 7th—July 12th. This includes elementary campers (3rd—5th grades), confirmation campers (6th—8th grades), and high school campers. Those youth who will be entering the confirmation program in the fall of 2019 are encouraged to register with confirmation camp so we can begin to build relationships.

Ascension is committed to our youth and believe that camp offers an experience we cannot reproduce. All first-time confirmation campers will have ½ of their registration paid if registered prior to February 28th. Registration opens January 15th. Each family registers their youth online. I am told this week fills up quick, so please be mindful of the deadlines.

Register on-line at
www.elcalivingwater.com

	Regular Rate	Early Bird Rate
First Timers • For campers grades 1-3	\$285	\$250
Discoverers • For campers grades 3-6	\$415	\$380
Challengers • For campers grades 6-8	\$410	\$375
Confirmation • For campers grades 6-8	\$410	\$375
Servant Hearts • For campers grades 8-12	\$455	\$420
Counselor-In-Training • For campers grades 10-12	\$410	\$375
Bridge Builders • For campers grades 9-12	\$410	\$375
MYLA • For campers ages 13-16	\$450	\$450
Abundant Life • For adults with developmental disabilities	\$375	\$375

SCHOLARSHIP FUND

Living Water Ministries is committed to creating access to our programs. Equally committed are our donors who have helped subsidize over \$161,000.00 in scholarship awards since 2015! Scholarships are often provided in collaboration with the home congregation and after the completion of our short scholarship application. To receive a copy of our scholarship application form please contact our registrar by telephone at (231) 861-4138 or via e-mail at office@elcalivingwater.com.

CONGREGATIONAL CARE

A SHEPHERD LOOKS AT PSALM 23 BY W. PHILLIP KELLER

Last month we began discussing a congregational book read for January/February and prompted those interested to sign up. Since the drafting of that article, we have purchased 86 books for an average cost of under \$3.00. We purchased extra copies, so if you are interested and didn't sign up, keep reading.



Distribution of the books will begin on Sunday, December 30th. If you signed up and haven't received a book by January 7th, please contact me. This includes those who serve on the Parish Health Committee, Prayer Chain, Eucharistic Minister Team, Council and Church Staff.

For those who did not sign up but want to participate in the book read, a supply of books is available in the Gathering Area. I will need your name and contact information if you would like to participate in a discussion group.

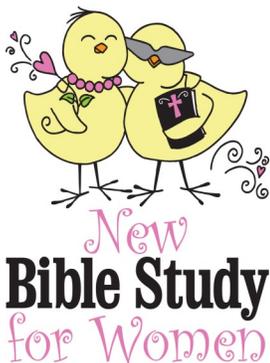
Discussion groups are next on my project list. I would certainly like to hear from anyone having interest in leading a group discussion over a two- or three-week period.

About the cost: As a congregation, we have an opportunity to “pay it forward” because the books have been paid for by Thrivent Financial. Please consider making a donation to Mustard Seed Shelter or Teen Challenge. We will accumulate the funds and issue one check to each, and include with the donation any books that I do not distribute within the congregation.

If you have questions, please contact me at (989)980-0309 or lnuechterlein2013@gmail.com.

Larry Nuechterlein
Ministry of Congregational Care

CHRISTIAN EDUCATION



WOMEN'S BIBLE STUDY

Do you find yourself spending a lot of time figuring out when to say “yes” and when to say “no”? Are you thinking about how to manage your time and reduce stress? Are you wondering how to do your best for your family and find a little time for yourself? Lysa TerKeurst, our next Bible Study author, found herself in that same situation until she learned the power of “the best yes”, the choice that shapes all of our other choices. Lysa is President of Proverbs 31 Ministries and a best-selling author of several Bible studies. She and her family live in North Carolina. Our six-week study will begin on Monday, January 7th at 6:30 p.m. in the Digging Dunes room. Participant books are \$7.50 payable at the first class. Please sign up on the Kiosk in the Gathering Area or call/text Joyce Richardson at 274-6787 so we have a book for you. All women are welcome!

TUESDAY MORNING BIBLE STUDY

Our Tuesday Morning Bible Study will resume on Tuesday, January 8th at 10:00 a.m. We are reading the book of Acts. All are welcome—whether you are well-acquainted with scripture or not. Coffee will be on!



PRESIDENT'S MESSAGE

Dear Fellow Members in Christ,

In case you were unable to attend the Budget and Election Meeting in December, here is a brief overview. We voted in a budget that is a slight deficit, \$6,235 to be exact. The numbers are realistic and include growth in Mission Support to 4.5%. The income was based on the prior twelve months giving pattern. The various team budget requests were realistic (no fluff) and are aligned with our strategic plan. We do have a “wish list” of items that we cannot afford (over \$14,210), like anyone’s household, but we were able to prioritize Ascension’s needs without difficulty.



The following were elected to serve a two-year term on Council:

Gus Hendrickson—Vice-President
Charleen Boland—Treasurer
Larry Nuechterlein—Minister of Congregational Care
Kathy York—Minister of Outreach

Shelly Dawson and John Nelson were elected as 2019 Synod Assembly Voting Members for Ascension.

Council will work to update the strategic plan at their January meeting, including evaluating our Initiatives (five-year goals). I will be telling you more about those in the February message.

I hope you signed up to read *A Shepherd Looks at Psalm 23* and will join a discussion group. If you haven’t but you would like to, please contact our Minister of Congregational Care, Larry Nuechterlein, to get a copy. We hope to, as a congregation, read this short book and grow in our faith together.

Wishing all of you a Happy New Year...a year of good health and happiness!!!

In Christ’s Service,
Kris Yackel-Friend



Annual Meeting of the Congregation of Ascension Lutheran Church

Sunday, February 17th
in the Sanctuary at approximately 11:45 a.m.

The Nursery will be staffed during the meeting.

*All Confirmed Members of Ascension Lutheran Church
are encouraged to attend as we review our year
in ministry in 2018 and attend to any official business.*

OTHER

OFFERING ENVELOPES

2019 Offering Envelopes are available in the Gathering Area. Please stop by and pick up your envelopes today.



SEWING GROUP

Ascension's Sewing Group will meet in the Fellowship Hall on Wednesday, January 9th and Wednesday, January 23rd from 9:00 a.m. - 12:00 p.m. Bring your sewing machine, and join us for fun and fellowship. We will be working on an easy community service project. Contact Sandy Graham at 781-1619 with any questions.

BACK TO SCHOOL FAIR MEETING

The Back to School Fair team will meet on Thursday, January 10th to review the event in 2018 and to make plans for 2019. All team leaders are asked to attend. I have the reviews people submitted. If you can't be there, please indicate whether you wish to continue in your role, and if any significant changes need to be made. We will begin at 6:30 p.m.



ALTAR GUILD NEEDS YOUR HELP

Please join the Altar Guild as they take down the Christmas decorations on Saturday, January 12th beginning at 9:00 a.m. Everyone is welcome! Hope to see you there!

COMMEMORATION OF DR. MARTIN LUTHER KING, JR.

Resurrection Lutheran Church in Saginaw will host a worship service to commemorate and celebrate the ministry and life of Dr. Martin Luther King, Jr. This service will be held at 7:00 p.m. on January 21st. All are welcome.



Annual Report

ANNUAL REPORT DEADLINE

All summaries and financial statements need to be turned into the Church Office by Sunday, January 13th. Please have your reports turned in on time!! Thank you!



The MESSENGER is published monthly by
Ascension Lutheran Church.

Deadline for the February 2019 issue is
Thursday, January 17th at 12:00 noon.

Articles may be emailed to ascensionmessenger@yahoo.com.

OTHER



ASCENSION LUTHERAN CHURCH ENDOWMENT FUND

The Endowment Fund Committee is accepting applications for 2019 to fund projects which may support any of the following activities:

- Christian Education
- Mission Opportunities
- Evangelism
- Special Capital Improvement Opportunities
- Youth Programs
- Scholarships
- Technology
- Music Ministry
- Family Outreach

Because of the limited amount of money the Endowment Fund Committee makes on its investments each year, the committee reviews each application and awards monies on how the request fits the mission and purpose of the church. The maximum amount that can be funded for any activity is \$1,000. The applications will be available in the Church Office and must be submitted by March 31, 2019. If there are any questions, please contact Bob Dillenbeck, Endowment Fund Committee Chairperson, at 799-2065.

ALTAR FLOWERS FOR JANUARY

January 6th	<i>Flowers Needed</i>
January 13th	<i>Flowers Needed</i>
January 20th	<i>Flowers Needed</i>
January 27th	<i>Flowers Needed</i>



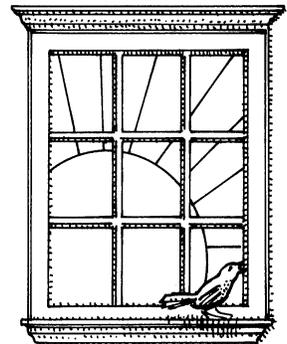
The Flower Chart is posted in the Gathering Area on the Usher/Acolyte Room door. The cost is \$25.00. A payment envelope will be mailed to you. These arrangements are placed in the Sanctuary each week for worship and may be picked up after the late service on Sunday morning.

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** - Serenity Springs, 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



MEMBER NEWS

January Birthdays

1st	Andrea Kittle	20th	Larissa Crook
3rd	Julia Attridge		Bob Darling
	Mary Erskine	22nd	Alisha Albrecht
4th	Ruth Howell	23rd	Cheryl Andrus
	David Huston		Judy Goschke
5th	Jean Joslyn		Danielle Hendrick
	Hunter Turner	24th	Gina Dillenbeck
7th	Courtney Whelton	26th	Alice Doerr
9th	Lori Robins		Nichole Whelton
10th	Phil Ballien	27th	Lisa Espinoza
	Mike Clifford	28th	Alicia Leffler
	Collene Kolinski		Karen DeLaRosa
11th	Caitlin Boyd	29th	Lillian Edsall
13th	Melissa Morgan		Amaya Favazza
14th	Elizabeth Clark		Kathleen Kelly
	Jim Dankert		Pat Owen
	Zoey Kohnert-Pretzer	30th	Bob Aldrich
15th	Marty Debozy	31st	Dawn Earnesty
16th	Laura Schian		Maxwell Faerber
	David Witker		Leonard Howell
18th	Connor Webb		Rachel Joslyn
19th	Ben Crump		Ruth Schomaker
	Max Witker		

Anniversaries this Month



2nd Carl and Charleen Boland
 9th Phil & Kay Ballien

NEW MEMBERS

Welcome our newest Ascension members:

Patrick and Bonnie Dalton
 Sheila Dambro
 Darren, Kami, Isabella, Katiana and Sophia Milbrandt
 Noel, Sarah, Ella, Landen, Sabrina and Olivia Wagner



HEALTH HIGHLIGHTS

Health Highlights by Traci Collier

HEALTHY NEW YEAR

The new year marks new beginnings and the ideas of healthy habits enter our minds. We have spent the last month indulging and now it's time to get serious about our health. Here are some quick and easy ideas to implement into your everyday routines.



1. Drink more water. You've heard it over and over again but the truth is, drinking water is a key ingredient to staying healthy. If you're drinking water, you have less room for sugary sodas and coffee drinks. Ideally, you want to drink $\frac{1}{2}$ your bodyweight in ounces of water. If you're not much of a water drinker, try adding slices of fruit to boost the flavor. Our bodies are 60% water and dehydration lowers energy and brain function.
2. Eat REAL food (foods found in their natural state). Make this the year you read labels and cut out processed foods. Try to eliminate those foods containing: high fructose corn syrup, hydrogenated oil, artificial colors and foods that come in boxes or bags. Remember: "The longer the shelf life, the shorter your life." —Michael Pollan
3. Make exercise fun instead of a chore. Find an activity that's fun and de-stressing vs. a boring/annoying obligation. Think of exercise as "me" time. Find an exercise buddy that helps hold you accountable on those days you just don't feel like going out.
4. Instead of year-long resolutions, try daily or weekly actions. Big resolutions are often too broad and overwhelming. Instead of resolving to eat healthier and lose weight, resolve to eat one extra serving of vegetables every day, walk one extra mile per week, and skip eating dessert after dinner. Lots of small steps can lead to big changes.
5. Sleep more, and not just on the weekends. If you are not getting 7 to 8 hours of sleep per night, put down the remote/phone and get to bed. Make sure your room is dark and write down your troubles and worries so you can get them out of your head before sleep sets in.
6. Practice gratitude. Research shows that there is a strong correlation between gratitude and happiness. People who practice gratitude report feeling more optimistic and generally better about their lives. Being grateful can lead to better sleep, healthier relationships and a stronger immune system. Keep a journal of all the things you are grateful for and go back and review them once a week. Write letters to friends and family and tell them how you are thankful for having them in your life.

"May he give you the desire of your heart and make all your plans succeed." Psalm 20:4

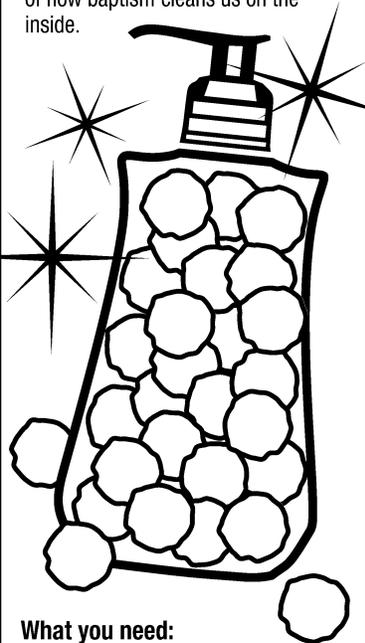
<https://chopra.com/articles/5-healthy-habits-to-adopt-in-the-new-year>
<https://www.gaiam.com/blogs/discover/15-easy-ways-to-be-healthier>

The logo for 'Blood Pressure Screening' features the words 'BLOOD PRESSURE' in a curved font at the top and 'SCREENING' in a straight font at the bottom. In the center is a graphic of a blue blood pressure cuff, a green stethoscope, and a green leaf.	<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, January 13th 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.

Washed Clean

Decorate a soap bottle as a reminder of how baptism cleans us on the inside.



What you need:

- Bottle of clear liquid hand soap
- Small craft pompoms (different colors)
- Wooden skewer

What you do:

1. Remove the bottle label and unscrew the lid.
2. Using the skewer, push pompoms down into the soap one at a time.
3. Replace the lid and put the dispenser in a bathroom or kitchen.



A fresh start

Baptism is a blessing because it changes us and gives us hope.

Directions: Write the boxed letters in the squares below. Then unscramble those letters to form two words that complete the Bible verse and represent the gift of baptism.



We were therefore buried with him
through baptism into death in order that,
just as Christ was raised from the dead
through the glory of the Father,
we too may live a _____ .

Romans 6:4, NIV

□	□	□	□	□	□	□
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Answer: f i e l e w n j new life

SERVING IN JANUARY

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

- 6 *Volunteer Needed*/Andy Friend & Bob Beyerlein
- 13 Edna Bell/Dawn Dalton & Jeff Whelton
- 20 David Witker/Tom Page & Jim Stuart
- 27 Tim Wilson/Dave Dawson & Dave Huston

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

- 6 *No Acolyte*/Gabby Dalton & Alexis Richardson
- 13 *No Acolyte*/Katiana Milbrandt
- 20 Mackenzie Morgan/J. Whelton & S. Wagner
- 27 *No Acolyte*/Brooke Richardson

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

- 6 Ruth Schomaker/Shelly Dawson
- 13 Charleen Boland/Lisa Espinoza
- 20 David Witker/Chris Crump
- 27 Lynn Schomaker/Shelly Dawson

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

- 6 Marty Debozy/Melissa Durow
- 13 *No Reader/No Reader*
- 20 Charleen Boland/Lynda Goward
- 27 Dan Durow/Linda Lentner

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

- 6 Melissa Czubaj/*Volunteer Needed*
- 13 Melissa Czubaj/Bob Aldrich
- 20 Charleen Boland/*Volunteer Needed*
- 27 Kris Friend/*Volunteer Needed*

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

- 6 Tom Bailey/Steve Salowitz
- 13 Dan Roth/Rusty Van Marter
- 20 Marty Debozy/Will Salowitz
- 27 Marty Debozy/Steve Salowitz

Friendly Callers

- 6 Bonnie Cavendish
- 13 David Witker
- 20 Sue Bailey
- 27 Bonnie Cavendish

Hospital Callers

- 6 Roger Koppenhofer
- 13 Bettie Lyle
- 20 Sandy Graham
- 27 Rick Hamilton



WEDNESDAYS

Head Ushers	Readers	Sound Board/Video Screen	Prayers
2 Mike Clifford	2 <i>Lessons and Carols</i>	2 J. Schroeder/Ben Salowitz	2 Mike Clifford
9 Glen Mack	9 Joyce Richardson	9 R. Van Marter/Connie Dutcher	9 Connie Dutcher
16 Bill Gottlieb	16 <i>No Reader</i>	16 J. Schroeder/Glen Mack	16 John Grolle
23 Mike Clifford	23 Ben Salowitz	23 R. Van Marter/Glen Mack	23 Mike Clifford
30 Glen Mack	30 John Schroeder	30 J. Schroeder/Connie Dutcher	30 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.*