



The Messenger

Ascension Lutheran Church

Vol. 40, No. 11

November 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
Sara Gregor, Parish Nurse
Cheryl Huebner, Secretary
Dawn Dalton, Custodian
Ruth Schomaker, Supplemental Custodian
Nicole Crump, 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

I am the church, you are the church, we are the church together.....

This is one of my favorite songs we have sung in Sunday School and in worship. The song reminds us that the church is the people—it is the body of Christ learning, worshipping and serving together. I am so thankful to be part of this church, Ascension and beyond. I am thankful for all the work that people do throughout the year to proclaim Jesus' love in word and in deed to each other and to the community.

As we continue to grow in our ministry together, I am thankful for the people who step forward and serve in new ways. We continue to look for people who are willing and called to share some of their time and talents in ways to help in worship, evangelism, stewardship, administration, teaching, care for members, and so much more. As you receive your Grateful Giving mailings, inside is a copy of the Time and Talent Sheet. I ask that everyone, old and young, consider completing this so that we can know what you might be interested in helping with. We need you! (Copies can also be found on our website and in the Gathering Area.)

We are approaching that time of year when we are seeking people to serve on our Congregation Council. This year the positions to be filled include: President, Secretary, Financial Secretary, Minister of Spiritual Health and Minister of Finance and Resources. These are two-year terms. If you have interest or questions, please contact Gus Hendrickson.

I look forward to Sunday, November 17th and Wednesday, November 20th as we celebrate Grateful Giving. Just a reminder to bring your financial commitment card and your Time and Talent Sheet as offering to the service. Together we will boldly make Christ's vision known, here and beyond. Thanks be to God.



OUTREACH



WEEKEND FOOD BACKPACK PROGRAM

An important part of our Outreach Program is providing weekend food backpacks to elementary-aged kids in need in three of our local school districts. Too many children are going home from school on Friday knowing that their next meal may not come again until they return to school on Monday. Each backpack includes two breakfast, lunch, and dinner meals along with healthy snacks, juice and milk. These bags ensure that the children in and around our community are being provided with nutritious food to eat.

We are following the command of Jesus to go to the people and teach what we have learned. Matthew 25:35-36 states in part, "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink". These children will see God's Promise that they are important in His eyes and will benefit from those disciples who are following His command.

We are committed to the promise that NO child goes hungry! If you would like to donate food for our backpacks, we are in need of the following items in individual sizes:

Cereal cups/boxes
Pudding cups (non-refrigerated)
Granola bars
Fruit cups
Mac & Cheese cups
Organic milk boxes (non-refrigerated)

Instant oatmeal packets
Peanut butter/cheese cracker packs
Juice/Kool-Aid pouches
Goldfish crackers
Chef Boyardee pasta cups

Applesauce cups
Jif "to-go" cups
Fruit snacks
Pretzel packs
Cup of noodles

For additional information, please e-mail Kathy York at kyork@svsd.us or contact the Church Office.

OTHER

PET BLESSING

Thank you to everyone who attended our Pet Blessing. It was a wonderful service blessing these special animals.



OTHER

Congregational Meeting



CONGREGATIONAL MEETING

Our Congregational Meeting to approve the budget, elect council members and approve the constitution will be held on **Sunday, December 8th** at approximately 11:45 a.m. in the Sanctuary. If you are interested in serving on the Congregation Council, please contact Gus Hendrickson. A copy of the budget and constitution will be posted on our website, and copies will be available for you to take home to review prior to the meeting.

*C8.02c: Voting members are confirmed members. Such confirmed members, during the current or preceding calendar year, shall have communed in this congregation and shall have made a contribution of record to this congregation. Members of this congregation who have satisfied these basic standards shall have the privilege of voice and vote at every regular and special meeting of this congregation.

CHRISTMAS BASKETS

Everyone is invited to help put together Christmas Baskets for our shut-ins on Tuesday, December 10th at 7:00 p.m. in the Fellowship Hall. The baskets will be filled with homemade baked goods, jellies, hand cream or a little gift. We are looking for donations of baked goods or whatever you wish for each basket. This will be a fun evening and a wonderful way to remember our members that can't worship with us on a regular basis. If you have any questions, please contact Edna Bell at 642-8130.



SCRIP ORDERS

Christmas is coming and you can order gift cards through our SCRIP program and a portion of what you spend comes back to the church, at no extra cost to you!!! Orders will be placed on November 18th and December 16th (if there are a lot of orders, we may place an order on December 9th as well). If you have any questions, please see Pastor Julie. Order forms are available on the table outside of the Church Office. You can also find them online at <https://www.ascensionlc.org/forms-communications/>. Payments by cash or check are accepted. More information will be available about how you can place your order online.

RAISE THE ROOF FUNDRAISER

So far we have raised \$13,133 of the \$20,000 needed to repair our roof. You can support the campaign by buying a "square of shingles" at \$100, or you can give any amount you like. There is a display table in the Gathering Area with envelopes designated for this fundraiser. Envelopes are also available in the pews. Donations may be placed in the offering plate. If you have any questions, please contact Ron Fries or Tom Bailey.



CHURCH OFFICE HOURS

The Church Office will be closed Wednesday, November 27th—Friday, November 29th for the Thanksgiving Holiday.

Also, the Church Office will be closed this winter if **Swan Valley Schools** are closed due to inclement weather.

OTHER



SEWING GROUP

Ascension's Sewing Group will meet in the Fellowship Hall on Wednesday, November 6th and Wednesday, November 20th 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.

ORDER YOUR POINSETTIAS

If you would like to purchase a poinsettia to decorate the Chancel for the Advent and Christmas season, please see the poster on the Kiosk in the Gathering Area. Cost is \$10 per plant and must be paid before the plant is ordered. Please leave your payment envelope in the basket in the Church Office. **Order Deadline is Sunday, November 24th.**



HOUSEHOLD/PERSONAL ITEMS NEEDED FOR CHRISTMAS PACKAGES

We are participating with Swan Valley High School to collect household and personal products for Christmas packages for families in need. Items needed are shampoo, conditioner, soap, laundry soap, dish soap, dryer sheets, tissues, toilet paper, paper towels, cleaning supplies, lotion, body wash, shaving cream, razors, feminine products, deodorant, etc. Items may be placed in the Gathering Area beginning Sunday, November 24th. All items should be delivered to the church no later than Sunday, December 15th. Thank you for your support!!

CHRISTMAS DECORATING

Please join the Altar Guild to decorate for the Christmas season on Saturday, November 30th beginning at 9:00 a.m. A luncheon will be served for all following the decorating. Everyone is welcome to come help prepare for the celebration of Christ's birth. Hope to see you there!



The MESSENGER is published monthly by
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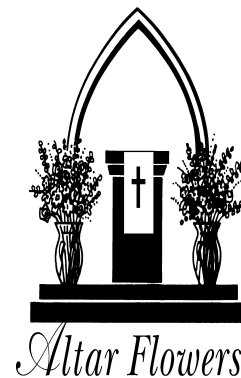
Deadline for the December 2019 issue is
Monday, November 18th at 12:00 noon.

Articles may be emailed to ascensionmessenger@yahoo.com.

OTHER

ALTAR FLOWERS FOR NOVEMBER

November 3rd	Given in Memory of her Mother, Wilma Mitchell by Susan Kelley
November 10th	Given to the Glory of God by Kathy McNally and Ken and Laura Schian
November 17th	Given in Memory of Rob Blehm by Scott and Tanya Blehm
November 24th	Given in Memory of Mark Henne by Sheila Dambro and Dan Roth Given in Memory of Mike Kelly by Dawn Dalton and Kathleen Kelly



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.

***Beginning in January, the cost of flowers will increase to \$30.00!!

Daylight Savings Time Ends!

*Be sure to set your clocks
back one hour before you go to bed on
Saturday night, November 2nd.*



WORSHIP



ADVENT SERVICES

We will begin our Advent worship services on Wednesday, December 4th at 7:00 p.m. Our theme this year will be *All I want for Christmas*. Please begin to make plans for this to be part of your Christmas preparation.

FAMILY CHRISTMAS WORSHIP

What is it? This is an opportunity for all members of the Ascension family to come together and take part in the worship of the birth of our Savior. We will have many parts from singing and narration, to behind-the-scenes work. If you are interested, or even just curious, please contact Bob Aldrich or Jen Salowitz. The Family Christmas Worship will take place on Sunday, December 15th at the 10:30 a.m. worship service. This year we will be looking at and singing about the symbols we use in our homes to represent the Lord, Christmas and God's love. More details coming soon!!



CHRISTMAS

CHRISTIAN EDUCATION



SUNDAY MORNING BIBLE STUDY—THE STORY

Schedule for our Sunday study:

November 3rd:	A Few Good Men and Women
November 10th:	The Faith of a Foreign Woman
November 17th:	Standing Tall, Falling Hard
November 24th:	From Shepherd to King

*****There is no class on December 1st.**

HIGH SCHOOL YOUTH AND YOUNG ADULTS—GREAT LAKES GATHERING

Registration for Great Lakes Gathering is open!! The event will be held February 7th—9th in Kalamazoo. You will have the opportunity to choose one of the following tracts for focus during your time at Gathering:

- Faith & Jesus
- Faith & Service
- Faith & Worship
- Faith & Peer Ministry
- Faith & Justice
- Faith & Science



Early registration is \$160 if registered by December 2nd. After that, registration cost will increase to \$185. Registration forms are available on the Kiosk in the Gathering Area, on Facebook and on the church website. For more information, check out www.elcalivingwater.com.



Blessings to the following youth who received their First Communion on Sunday, October 6th:

Emerson Hendrick
Grey Hendrickson
Henry Salowitz

Welcome to the Lord's Table.

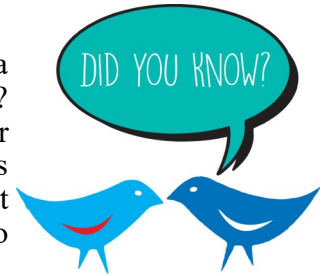


HEALTH HIGHLIGHTS

Health Highlights by Marie Stuart BS, MA

FOODS TO BOOST YOUR BRAIN HEALTH AND MEMORY

Many of us know about diseases that affect our memory/brain activity like dementia and Alzheimer's disease. But can we really help reduce the affect it has on us humans? YES, we can!! The brain is a big, important deal for us humans. It's the control center of our body and is in charge of maintaining a proper heartbeat and breathing rate as well as controlling our thinking, speaking, feelings and movements! It's very important to keep our brain in peak tip-top condition and to help out, there are foods available to us that can help keep it healthy and improve those mental tasks. Here's the list:



- Fatty Fish: Salmon, trout, sardines, etc. are all excellent sources of omega 3 fatty acids. Sixty percent of our brain consists of fat and the omega 3 helps build brain nerve cells, which is necessary for learning and memory as we protect against brain decline.
- Coffee: Contains two main ingredients—caffeine and antioxidants, both of which offer positive effects. They can increase alertness, improve mood, improve concentration and offer some protection against Alzheimer's disease.
- Blueberries: Provide antioxidants which act against stress and inflammation, which contribute to brain aging and neurological diseases.
- Broccoli: Packed with powerful plant compounds and antioxidants as well as high levels of vitamin K. In a few studies of older adults, the results indicate a higher intake of vitamin K is linked to better memory.
- Pumpkin Seeds: Contain powerful antioxidants to protect the body and brain from free radical damage which negatively affects memory. Other nutrients in these seeds include zinc, magnesium, copper and iron which contribute to beneficial learning, memory and nerve signals. Research has focused on these micronutrients, rather than the seeds, as the benefits are great.
- Oranges: Contain lots of vitamin C which is important to brain health since it's a factor in preventing mental decline. Other sources of vitamin C are green peppers, tomatoes and strawberries. Vitamin C also helps defend your brain against damage from free radicals.
- Dark Chocolate/Cocoa Powder: Packed with brain-boosting compounds, caffeine, flavonoids and antioxidants. Flavonoids gather in the brain to help with memory and learning and to help protect the brain. Chocolate is a legitimate mood booster!!

In summary, there are certainly other foods that contribute to brain health including turmeric, green tea, walnuts and nuts with vitamin E. All add to a sharper memory. The bottom line is that many good foods can help keep your brain healthy and functioning. But the brain could also be okay if you use it! If you're older, enroll in college classes, play card games requiring memory, play chess and other games. And don't forget to just sit there and think!! Keep thinking and keep up the good work!!

Source: "Healthline", written by Kerri Ann Jennings, MS RD. May 09, 2017.

"Lord, you have assigned me my portion and my cup. You have made my lot secure."~ Psalm 16:5



BLOOD PRESSURE SCREENING

Mark your calendar for blood pressure screenings by the Parish Health Committee. The next one will be held on Sunday, November 10th after each worship service.

Health Highlights are brought to you by the Parish Health Committee whose members are Sara Gregor, Parish Nurse, Sharon Boyd, Dr. Steve Haupt, Marie Stuart, Joan Ford, Kris Friend and Traci Collier, DC.

HEALTH HIGHLIGHTS



GET YOUR FLU SHOT TODAY

Shots are available at your doctor's office, Rite-Aid, Walgreens, Kroger, Meijer, or Brady Drugs (walk-in Monday, Tuesday or Wednesday from 9:00 a.m. to 7:00 p.m.). Cost is covered by most insurances. Help you and your family stay well this winter! If you have any questions, contact Sara Gregor, Parish Nurse at 791-7995. (*Flu Shots will NOT be offered at Ascension this year.*)

PRESIDENT'S MESSAGE

Dear Fellow Members in Christ,

Hoping that you notice I changed the format of the message this month in comparison to that of the last several; if you noticed, it means that you do read it!

The leaky roof over the Library has been replaced, but not before doing almost \$1,000 in damage to some drywall. I would like to thank the Trustees and staff for working to see this project to completion and minimizing the damage to the Library contents. We have one portion done, but have another part of our roof to repair next year. This is my shameless plug to everyone to continue to contribute to the Raise the Roof Fundraiser. Remember every nickel and dollar multiply when put collectively together. In other words, no amount is too little or too big—keep it coming!!



“Great leaders don’t set out to be a leader; they set out to make a difference. It’s never about the role—always about the goal” ~ Lisa Haista

“Leadership is about vision and responsibility, not power.” ~ Seth Berkley

“Whoever aspires to the office of bishop desires a noble task; a bishop must be above reproach, temperate, sensible, respectable. Deacons likewise must be serious, not double-tongued, not indulging in much wine, not greedy for money; they must hold fast to the mystery of faith with a clear conscience. Likewise they must be serious, not slanderers, but temperate, faithful in all things. ~ Selections from Timothy 3:1-12

Do any of the above quotes or verses speak to you? Please read them again, and pray over them in hopes you hear the calling to serve in a leadership role at Ascension. If you are goal-oriented, if you have vision, or are responsible, if you are faithful, or desire to serve the Lord—please consider accepting the nomination for a role on Council. You do not have to be seen as a “leader” nor be one to serve in this capacity. You just need the desire to serve Jesus and help Ascension remove barriers that impede sharing the love of Christ with others. If you think this sounds like you, please reach out; if you know of someone who fits any of these criteria, among others, reach out.

The following positions are open on the 2020 Ascension Congregation Council: President, Secretary, Financial Secretary, Minister of Finance and Resources, Minister of Spiritual Health, and two (2) Synod Assembly representatives. Gus Hendrickson is our chair of Nominating this year; feel free to reach out to him with questions. I am always willing to speak to you as well.

In Christ's Service,

Kris Yackel-Friend

MEMBER NEWS

November Birthdays

2nd	John Robishaw	19th	John Whelton
4th	Jan Faerber	20th	Bill Gottlieb
	Samantha Leffler		Barb Yancer
	Micaela Richardson	21st	Mason Friend
5th	Rick Hamilton, Jr.		Carol Hall
6th	Kathy York	22nd	Joyce Storm
7th	Jason Enright	23rd	Madison Huston
	Johnny Whelton	24th	Heidi Osterloh
10th	Connie Dutcher	25th	Richard Borm
11th	Jayde Wakeman		Makenzie Collier
12th	Bob Watz		Peggy Darling
13th	Delila Colpean	26th	Nathan Gottlieb
	Eric Lentner		Emerson Hendrick
15th	Bryan Joslyn	28th	Lindsay McNally
	Russell Morgan		Erin Peters
17th	Dylan Gottlieb	29th	Bonnie Dalton
18th	Kayla Berg		Nick Espinoza
	Waylon Earnesty		Ruth Jakes
	Donna Fries		

Anniversaries this Month

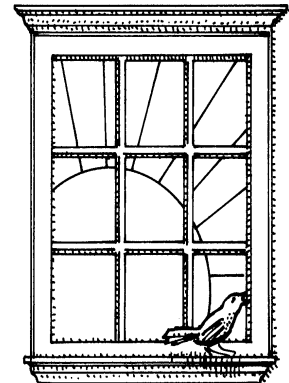


1st	Mike and Jan Faerber
	Chris and Ashley Howe
2nd	Brian and Cheryl Huebner
6th	Wayne and Dorothy Mayou
8th	Bryce and Megan Wakeman
12th	Bob and Tracy Aldrich
19th	John and Nancy Whelton
24th	Brad & Kelly Phillion

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
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
Delila Colpean - 302 Fulton Street, Room 103, St. Charles, MI 48655
Leslee Arnst - 2815 N. Orr Rd., Hemlock, MI 48626
Bev Daubert - Candlestone Assisted Living, 4124 Waldo, Midland MI 48642



SERVING IN NOVEMBER

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

3 Tim Wilson/Dave Dawson & Dave Huston
10 Ken Schian/Andy Friend & Bob Beyerlein
17 Edna Bell/Dawn Dalton & Jeff Whelton
24 David Witker/Jim Stuart & Gus Hendrickson

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

3 Edna Bell/Lisa Whelton
10 Marty Debozy/Chris Crump
17 Charleen Boland/Dawn Dalton
24 Tom Erskine/Shelly Dawson

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

3 *No Acolyte*/Gabby Dalton & Makena Whelton
10 *No Acolyte*/Sophia Milbrandt
17 *No Acolyte*/Diedre Haupt & Brooke Richardson
24 *No Acolyte*/Katiana Milbrandt

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

3 Kris Friend/Bob Aldrich
10 Larry Nuechterlein/*Volunteer Needed*
17 Larry Nuechterlein/Bob Aldrich
24 Charleen Boland/*Volunteer Needed*

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

3 Lynn Schomaker/Chris Crump
10 Ruth Schomaker/Lisa Espinoza
17 Charleen Boland/Karen DeLaRosa
24 David Witker/Shelly Dawson

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

3 *Volunteer Needed*/Rusty Van Marter
10 Madison Morgan/Steve Salowitz
17 Marty Debozy/Rusty Van Marter
24 Marty Debozy/Will Salowitz

Friendly Callers

3 David Witker
10 Sue Bailey
17 Bonnie Cavendish
24 David Witker



WEDNESDAYS

Head Ushers

6 Mike Clifford
13 Bill Gottlieb
20 Glen Mack
27 *No Service*

Readers

6 Larry Nuechterlein
13 Steve Salowitz
20 John Schroeder
27 *No Service*

Sound Board/Video Screen

6 Rusty Van Marter/Ben Salowitz
13 John Schroeder/Glen Mack
20 Rusty Van Marter/Connie Dutcher
27 *No Service*

Prayers

6 Mike Clifford
13 Mike Clifford
20 Connie Dutcher
27 *No Service*

*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.*