

The Messenger

Ascension Lutheran Church

Vol. 41, No. 8

August 2020

MISSION

"As an open and progressive congregation, we boldly make Christ's vision known."

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Bob Aldrich, Education Coordinator
Jennifer Salowitz, Musician
Sara Gregor, Parish Nurse
Cheryl Huebner, Secretary
Dawn Dalton, Custodian
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WORSHIP SCHEDULE

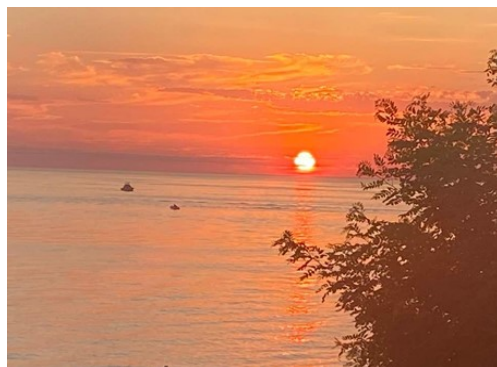
Sundays 8:00 a.m. & 10:30 a.m.
Wednesdays 7:00 p.m.

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A MESSAGE FROM PASTOR JULIE

This was my view as I read and listened to books on my vacation. There was a perfect breeze off the water, everything was calm, people were social distancing and I just chilled. It was a great vacation. I returned to find that I only paused 2020, because much of what I returned to was the same 2020 I left.



As I sat at the water on my last evening, watching an awesome wonder of sunset, Psalm 23 came to mind—particularly about leading beside still waters and restoring my soul. It was awesome to just get away and find this still small voice and time.

As I return and get back into the rhythm of life, two other phrases from Psalm 23 come to mind. First, "He leads me in right paths for his name's sake." I do believe God is leading, in safe and faithful ways. We may not all be listening or following, but I do believe God is doing the leading. I had some time to reflect on the paths God is leading me on, and possibly what path 2020 might be shaping and directing Ascension as a congregation to follow. How have the trials of 2020 shaped your faith? Have they brought you closer to God? Have they done anything to reprioritize things in your life?

Second, "Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long." This is how the psalm ends. A better translation of this passage might read—surely goodness and mercy shall pursue me all the days of my life. I am guessing many of us don't feel like goodness and mercy are pursuing us right now. But God's promise through the Word is that God pursues us, came to us through God's son as a vulnerable human and atoned for our sin. God came down for us—for you and for me, and for the whole world. That sounds like pursuit to me. What if God is pursuing you now, in the midst of the trials, disappointments, struggles? Would you recognize God?

One of the things I realized on my vacation is I need to make reflection, prayer and study more of a priority in my life. I don't mean the study I do for a sermon or Bible study—I mean reading the Word as part of my own spiritual guidance and practice. I need to stop doing and be with the scripture, pray the scripture, and reflect on how this relates to my own relationship with God and the community. God isn't waiting for life to end, or 2020 to end to lead us beside still waters and restore our souls. God is at work now, leading us in right paths, preparing the feast before us, calling us to following God's pursuit.

OUTREACH

MUSTARD SEED RIBBON CUTTING

If you have the faith the size of a mustard seed....

On July 22nd, several people from the community gathered together at the Mustard Seed Shelter to celebrate the ribbon cutting of the new addition. Ascension provided funding for one of the bedrooms. Tom Bailey served as one of the regular workers. Many of you have contributed to their ministry financially, by providing items, cooking, and in prayer. Please continue to keep this ministry in your prayers. When we have faith the size of a mustard seed, God will do great things through that faith.



BACK TO SCHOOL FAIR—THURSDAY, AUGUST 6TH AT 6:00 P.M.

This year's Back to School Fair will be a little different than in years past due to the restrictions we face these days. We will still be giving away backpacks and school supplies, along with new underwear and socks. Those coming for the supplies will stay in their cars, and items will be distributed like a drive through.

We will be scheduling a time to fill the backpacks, so let us know if you are interested in helping. We will still need volunteers for set up, distribution and clean up.

We will post on Facebook areas in which we need help. For those who don't use Facebook, you can email or call Pastor Julie so that she can get you scheduled to work. If you have your yellow "God's Work/Our Hands" t-shirt, we encourage you to wear that. Or wear another Ascension shirt, or just come help!

NEW SOCKS AND UNDERWEAR NEEDED FOR BACK TO SCHOOL FAIR

We are preparing for more people than ever this year, so we need a lot of socks and underwear for youth ages 4-18. ***We are running out of time and need to have everything in by Monday, August 3rd.*** We don't have much leftover from last year, so we need as much help as possible this year. Nicki and Chris Crump are willing to do porch pickups if you are unable to drop donations off at the church. If you have any questions or would like a porch pickup, please call or text (989)751-8633 or (989)284-0370 to set up a date and time.



WORSHIP AND EDUCATION



TUESDAY MORNING BIBLE STUDY

We are continuing to meet at 11:00 a.m. on Zoom for our Bible Study. We are finishing up the book of Titus and will discern what book of the Bible to read together next. If you haven't attended before and are interested, let Pastor Julie know so that she can email you the invitation.

WORSHIP AND EDUCATION



REGISTERING FOR WORSHIP

Thank you for registering for worship. We know it seems like a strange concept. We also recognize things change—so if you sign up and can't attend, we understand. If you thought you couldn't attend and then plans change, please go ahead and register, or if at the last minute just come. The Thursday 1:00 p.m. deadline is for those who must call in for their registration. Even then, we would rather you come than not if you can. **Register at <https://reopen.church/r/McxIm68k>.**

WORSHIP UPDATES

We began our in-person worship services on Sunday, July 12th. Thank you to those who attended both the 8:00 a.m. indoor service and the 10:30 a.m. outdoor service. Thank you for wearing your masks and social distancing, for helping with leadership, and lending your presence to the worship and praise of Jesus the Christ.

Attendance for these first few weeks:

July 12th: 8:00 a.m. - 22	10:30 a.m. - 33
July 19th: 8:00 a.m. - 12	10:30 a.m. - Cancelled due to storm (18 registered)
July 22nd: 7:00 p.m. - 19	
July 26th: 8:00 a.m. - 15	10:30 a.m. - 32



We are in need of people to serve in all leadership roles, as some of our members do not feel comfortable returning. For those who wish to keep the in-person worship, please let us know if you can help.

Leadership roles needed:

- Sunday 8:00 a.m./Wednesday 7:00 p.m.: Sound board operator/projectionist (contact Bob Aldrich)
- Sunday 10:30 a.m.: Back-up on sound if regular sound person cannot be there (contact Bob Aldrich)
- Sunday 8:00 a.m.: Back up videographer if regular videographer unable to attend (video for online worship—contact Pastor Julie)

Usher roles needed:

Sundays and Wednesdays. We need ushers for each service, and the role has changed a bit. There are no speaking parts. Ushers help with entry to the church/parking lot, seating, dismissal and distributing wine cups for communion. We are starting by maintaining the regular schedule we had for the year. If you are not ready to come back, please notify the head usher on your team. Head ushers...please notify Andy Friend if you are not able to return or are in need of assistance.

Altar Guild roles needed:

Set up for communion on Sundays prior to service (mostly prefill the small cups) and help with clean up (contact Kris Friend)



COMMUNION OFFERING FOR ONLINE WORSHIPPERS

We ARE continuing to offer Holy Communion for those who wish to continue to worship online. I would like to change the times to 11:15 a.m. - 11:45 a.m. as our worship outside is over by 11:15 a.m. I apologize to those who came for Holy Communion on July 12th. I, Pastor Julie, just plain forgot. My mind was on the first Sunday back together and I just lost it. I will do better from now on!

YOUTH

YOUTH ZOOM MEETINGS

The middle and high school youth will continue to gather at 2:00 p.m. on Wednesdays for fellowship. We play games, talk, laugh, and just stay in touch. The information for the Zoom meetings can be emailed or you can find it on the Ascension Confirmation or Ascension High School Youth pages on Facebook. We will continue this through August and then talk about what we want to do from there, depending on the situation we find ourselves in.



ATTENTION HIGH SCHOOL YOUTH

After much prayer and consideration, we have decided to postpone next summer's ELCA Youth Gathering until 2022 due to the COVID-19 pandemic.

The 2022 ELCA Youth Gathering will be held July 24th—July 28th in Minneapolis, with the two pre-events, the Multicultural Youth Leadership Event (MYLE) and the tAble, scheduled for July 21st—24th.

To learn more about the postponement and the 2022 Gathering, please visit: elca.org/YouthGathering/COVID19.

OTHER

ALTAR FLOWERS FOR AUGUST

August 2nd	Given in Memory of John's Birthday by Bonnie Cavendish
August 9th	<i>Flowers Needed</i>
August 16th	<i>Flowers Needed</i>
August 23rd	<i>Flowers Needed</i>
August 30th	Given in Memory of Janet Bain by Phil and Kay Ballien



The Flower Chart is posted in the Gathering Area on the Usher/Acolyte Room door. **The cost is \$30.00.** 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 September 2020 issue is
Monday, August 17th at 12:00 noon.
Articles may be emailed to ascensionlc@sbcglobal.net.

MEMBER NEWS

August Birthdays

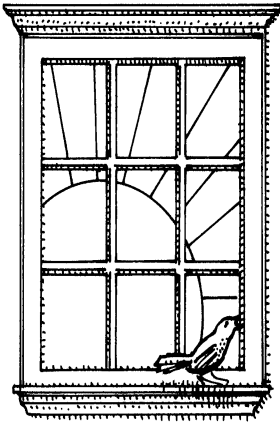
1st	Brittany Aldrich	18th	Hadley Enright
	Michelle Midcalf		Tim Wilson
2nd	Kristen Huebner	19th	Meredith Friend
5th	Karen Luplow		Sandy Graham
6th	Jennifer Deaton	21st	Marie Stuart
	John Kaul		Lisa Whelton
8th	Jeff Crook	23rd	Madison Stoddard
	Marcy Schafer	24th	Henry Salowitz
10th	Kim Anderson	25th	Renae Goschke
	Allison Hamilton		Michael Randall
	Dorothy Leppert		Trudy Ryder
	Linda Luplow	26th	Bob Dillenbeck
11th	Adam Clauss	27th	Pierce Doerr
	Mark Hickner		Ron Leonard
13th	Liam Kittle	28th	Marilynn Christensen
14th	Arlington Enright		Tony Dancer
16th	Kay Ballien		Marissa Toupin
17th	Samantha Hamilton	29th	Collin Edsall
	Julie Stroebel	30th	Cathy Wight

Anniversaries this Month



2nd	Dave and Shelly Dawson
	Tom and Jennifer Deaton
8th	Ron and Donna Fries
	Barry and Sue Wiggins
11th	Spence and Tammy Webb
12th	Wade and Andrea Kittle
15th	Rob and Jean Joslyn
	Nelson and Lynn Ann Staples
19th	Mike Romosier and Connie Dutcher
20th	Cary and Chris Trier
22nd	Waylon and Dawn Earnesty
23rd	Cody and Melissa Briggs
25th	TJ and Michelle Midcalf
26th	Brian and Wendy Awad
	Hugh and Jennifer Dickie
	Michael and Marissa Toupin
	Jeff and Vicki Wenzel
27th	Matt and Jessica McRae
28th	Jack and Renae Goschke
31st	Dave and Barb Huston

MEMBER NEWS



PLEASE REMEMBER THOSE ON ASCENSION'S CARE LIST

Mail a card, plan a visit, or say a prayer for these members of our church family.

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

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

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

Heidi Osterloh - 9345 Geddes Road, Saginaw, MI 48609

Marcy Schafer - 3400 Hardwood Heights, Prescott, MI 48756

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

Kay Ballien - Healthsource, 3340 Hospital Road, Room 371, Saginaw, MI 48603

HEALTH HIGHLIGHTS

Health Highlights by Marie Stuart BS/MA

FRUIT FOR ALL...A FRUIT BASKET

Did you know that the advice goes for everyone: "Eat more fruits and veggies"? The newest recommendations are that we should eat 11-12 servings a day! Who can resist a sweet strawberry, or a slice of fresh peach or watermelon?



Here are many reasons to fulfill your fruit requirement:

- They pack in nutrients...including fiber, Vitamin C, folate, potassium, beta carotene and many others.
- They are low in calories per bite...they are high in water...a serving (5oz-1cup) has up to 100 calories.
- They help to protect the heart. They are a bedrock for help in lowering blood pressure. They are high in potassium (bananas). A dietary approach would be to eat 2 1/2 cups per day of fruits.
- They are *easy*! You can bite into an apple faster than unwrapping a granola bar!
- They are delicious! Most are available fresh at the grocery store.
- They are divided in different categories: tropical, stone-type, apple/pears, and melons. Do not fear fruits because of cost...the benefit is in the nutrition.
- Easy preparation...just wash under cold running water. No soaps needed....just your clean hands.

If you are interested in making a summer fruit bowl...use your IMAGINATION!! Think of all the colors in the different fruits to make a colorful bowl. Some ideas are a combination of red, blue, orange, purple, green, yellow, etc. Examples would be raspberries, blueberries, melon, kiwi, bananas, pineapple and grapes. Any combination will be colorful with a minimum of three fruits!! Bon Appetit!

Try a new fruit/veggie salad:

Blackberry Salad

Whisk together:

1Tbs white balsamic

1/4 tsp honey

1Tbs olive oil

Salt/pepper to taste

Toss with:

4 cups of salad greens

1/2 cup cucumber

1/2 cup berries

1/4 cup sliced radishes

John 21-15~Jesus said, "Feed my Lambs".

Nutrition Action Healthletter, June, 2020



Compete for the crown



The apostle Paul compares the Christian life to running a race for an imperishable crown.



Directions: From the starting line through the finish line, circle every third letter. Then place the circled letters in order in the blanks below to complete 1 Corinthians 9:24-25, NIV.

START

ctrejasucphelnpomrxkibvztaejargiusonycw
e
iqsatexympsakogmzsjeeubtnyehapidmrfo
itegrbuanpicdnofihmneygjocsxrdpoetwkin

FINISH

"Do you not know that in a _____ all the runners run,
but only one gets the _____? _____ in such a way
as to get the prize. Everyone who _____ in
the _____ goes into strict _____.
They do it to get a crown that will not last, but we do
it to get a _____ that will last forever."

1 CORINTHIANS 9:24-25, NIV

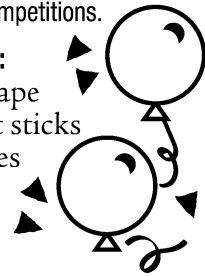
Answer: race, prize, games, training, crown

GREAT SUMMER GAMES

Though this year's Summer Olympics were postponed, you can host friendly neighborhood competitions.

What you need:

- Masking tape
- Large craft sticks
- Paper plates
- Balloons
- Ribbon
- Scissors
- Green construction paper
- Craft glue



What you do:

Balloon Badminton: Make rackets by taping a stick "handle" to each plate. Blow up and tie a balloon. Use the rackets to pass the balloon back and forth, without letting it touch the floor.

Rhythmic Routines: Using tape, firmly attach one end of a 4-foot ribbon to a craft stick. Display style and skill by waving it around. Try choreographing a routine to a praise song.

Champion Crown: Cut a large hole out of the center of a paper plate. Cut 2-inch ovals from green paper. Glue those "leaves" to the ring as garland. Crown a winner of each game!

SERVING IN AUGUST

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

2 David Witker/Gus Hendrickson & Jim Stuart
9 Tim Wilson/Dave Dawson & Dave Huston
16 Ken Schian/Andy Friend & Bob Beyerlein
23 *Volunteer Needed*/Jeff Whelton
30 David Witker/Gus Hendrickson & Jim Stuart

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

2 Tom Erskine/John Whelton
9 Patty Hamilton/Linda Lentner
16 Susan Kelley/Dawn Dalton
23 Kris Friend/Linda Luplow
30 Larry Nuechterlein/Joscelyn Whelton

Video Screen Operators--8:00 a.m.

2 Melissa Albosta
9 Charleen Boland
16 Kris Friend
23 Larry Nuechterlein
30 *Volunteer Needed*

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

2 Tom Bailey/Bob Aldrich
9 Madison Morgan/Bob Aldrich
16 Dan Roth/Gus Hendrickson
23 Tom Bailey/Bob Aldrich
30 Madison Morgan/Gus Hendrickson

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

2 David Witker/Chris Crump
9 Charleen Boland/Lisa Espinoza
16 Lynn Schomaker/Shelly Dawson
23 Ruth Schomaker/Karen DeLaRosa
30 David Witker/*Volunteer Needed*



WEDNESDAYS

Head Ushers

5 Mike Clifford
12 Glen Mack
19 Mike Clifford
26 Glen Mack

Readers

5 Joyce Richardson
12 John Schroeder
19 Mike Clifford
26 Joyce Richardson

Sound Board/Video Screen

5 John Schroeder/Glen Mack
12 Rusty Van Marter/Glen Mack
19 John Schroeder/Glen Mack
26 Rusty Van Marter/Glen Mack

Prayers

5 Pastor Julie
12 Donna Malburg
19 Mike Clifford
26 Pastor Julie

*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.*