



# Ascension In Action

Ascension Lutheran Church July 2016

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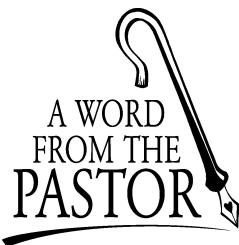
## Freedom for Good

I am writing this shortly after the terrorist attack in Orlando. It looks like an ISIS inspired terrorist attack by an angry young Muslim man. For whatever his reasons, he decided to kill and wound people in the LGBT community which has already suffered so much from hate crimes. I am sad and sick about it.

The greater aim of terrorist groups is to cause fear and hate among more and more people. Terrorists hope to leverage the initial act so that it will draw more and more people into the cycle of fear and violence that serves them well. Jesus tried to do the opposite through leveraging his life to bring more and more people into forgiveness and reconciliation.

On our 4<sup>th</sup> of July, we celebrate our independence and freedom as a nation. In 1776, the freedom and independence came at the price of a war with England who allowed for no say in our governance and imposed heavy taxes. The freedom we enjoy as a nation was so precious that they were willing to pay a terrible price. For most all of us, this helps us appreciate our freedom and want to use it for good. But freedom by its nature allows people to do what they want and sadly some have greatly misused it.

In Galatians 5, Paul wrote, "For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence..." The risk is still there for us as Christians to misuse our freedom in Christ. The good news is that God's Spirit is at work so that we want to do what is good and loving. The pastor at Emanuel AME Church in Charleston where the man shot up the members of the bible study last year gave us an example of this. Instead of going on a planned trip to Washington to



meet with top women leaders in our nation, she went to Orlando to comfort the people. As with her, God is inspiring us to use our freedom to do what is good and loving in a broken and messed up world.

Pastor Dan

## Ascending Praises Bell Choir



On June 12th, your Ascending Praises Bell Choir held a 45-minute concert at the Bruce McCandless Veteran's Home in Florence. The concert included many patriotic songs and sing-alongs with the residents. The concert was well received by the veterans and their families. It was also very meaningful to our choir since seven of us are related to military veterans. It was a special treat to be able to meet a "Triple Vet" - a person who served in WWII, Korea, and the Vietnam War. When you meet one of these special veterans, all you can do is thank them for their extraordinary service to our country.



## What's Happening

Our elected Officers, Board Directors and Members, and Endowment Committee will begin their terms July 1.

We are finally under way with our renovation project.

Have you looked at Ascension's new website yet? If not, please take a few minutes to look through the website: [www.ascensioncos.org](http://www.ascensioncos.org). There is a lot of information there. Thanks to all who spent many hours working on developing and implementing the website.

As mentioned in the June newsletter, summer is a great time to get involved in one of our small groups, especially if you enjoy the outdoors.

Be watching the newsletter and bulletin for further summer activities.

"A Community of Grace, Called to Serve."

Peace be with you, Greg Gulliksen, President CPC  
637-9313 / [greg.gulliksen@gmail.com](mailto:greg.gulliksen@gmail.com)

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## CHURCH COUNCIL

The June 14 CPC meeting included the following actions and discussions:

- Past vacation destinations.
- This year's vacation destinations.
- Moose, bear, and other wildlife encounters.
- Upcoming hikes and running opportunities this summer.
- Consumption of hamburgers, hot dogs, baked beans, chips, and other awesome picnic delights.
- What our children are up to this summer, both young and old.
- Memories of those first days at the Academy.

Yes, Council members and spouses took June off to enjoy one last time together with a BBQ hosted by Rich and Jane Paradis.

### Congregation Meeting:

We held a congregation meeting on Sunday, June 5, 2016. Items passed were our building Contractor, financing for our facility renovation project, sanctuary improvements as monies become available, as well as our next executive committee, board directors, and board members. Thank you for all who attended.

### Incoming Council:

Greg Gulliksen - President  
Donna Crump – Vice President  
Rex Rudy – Treasurer  
Kim Knoche – Youth Board Director  
John Hays – Lay Ministry Board Director  
Dennis Bagenstos – Evangelism Board Director  
Jerry Dollar – Stewardship Board Director  
Sue Trinko – Worship Board Director  
Jeff Courtright – Church Properties Director  
Rex Rudy – Finance Board Director  
Elisa Thompson – Parish Education Board Director  
Sharla Saunders – Social Outreach Board Director

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### Ascension has a new website:

**[www.ascensioncos.org](http://www.ascensioncos.org)**

### Check it out!

As the site grows, it will include blog posts, videos, online giving, and more! With the new website, our staff also have new email addresses:

Front office (Arlayne) - [office@ascensioncos.org](mailto:office@ascensioncos.org)

Pastor Dan - [d.holt@ascensioncos.org](mailto:d.holt@ascensioncos.org)

Pastor Daniel - [d.smith@ascensioncos.org](mailto:d.smith@ascensioncos.org)

Mary Stoneback - [m.stoneback@ascensioncos.org](mailto:m.stoneback@ascensioncos.org)

Megan Miller - [music@ascensioncos.org](mailto:music@ascensioncos.org)

Teresa Adams - [t.adams@ascensioncos.org](mailto:t.adams@ascensioncos.org)

CLC - [clc@ascensioncos.org](mailto:clc@ascensioncos.org)

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### Interfaith Hospitality Network

Thank you for your continued support of this vital program to provide safe housing for homeless families in Colorado Springs churches. As a charter member of IHN, we have been supporting this vital program since the late 1990s. Feel free to contact John or Kathy Hayes at (719) 572-1052 or at [kittypawz@aol.com](mailto:kittypawz@aol.com) if you have any questions.

## **Quilts for New Beginnings Update:**



In the year that Quilts for New Beginnings has been formerly organized and meeting together, we have been able to supply IHN-Family Promise with 36 quilts, 14 receiving blankets, 4 fleece throws, 13 burp pads, 6 bibs, 38 pillowcases (with another 30

or so finished), approx. 20 kitchen towels and hot pads, and one auction quilt for the Hope, Hearts, and Home auction.

Though we are small in size, we could not have accomplished these things without your generosity of donated fabric, quilt tops, sewing of pillowcases, quilts, bibs, tying of quilts, etc.

We still meet on Wednesday's at Ascension Lutheran from 9:00-12:30. Our goal has slightly changed over the past year. When we first started, we were committed to supplying every head of household with a quilt as they graduated from the program. We now have expanded that commitment to supplying every family member with a quilt.

We could still use your help. Besides prayer for the families, we could use some people to join us either on Wednesday's or to take a quilt top kit and sew it together for us. Because we want to supply every family member with a quilt, we will need more twin size quilts than anything else. Please consider helping in some way if you can. Contact Anita Arends if you have any questions.

Be sure and check out our Facebook page at:  
<https://www.facebook.com/QuiltsForNewBeginnings/>



## **CONGRATULATIONS...**

\*to Jessica Kuzma who recently received her Ph.D. from the University of Washington in Nutrition and Epidemiology. She will be working at the Fred Hutchinson Cancer Research Center in Seattle. She is officially Dr. Kuzma, and her family is proud!

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## **Ascension Columbarium Association**

The Ascension Columbarium Association will hold its annual meeting on Sunday, July 31, 2016, at 9:30 a.m. in the Church Library. Information packets will be e-mailed to members in mid-July for review, and copies will be available in the Church Conference Room beginning July 24. Anyone interested in learning more about the Columbarium Association is also encouraged to attend this meeting. Any member interested in holding an office is encouraged to contact Marjorie Essigmann, 719-660-5158 or [Essigmann@aol.com](mailto:Essigmann@aol.com) prior to July 10. All positions are open for the election of officers. Contact Marjorie if you have any questions about the meeting or the Columbarium.

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## **LOOKING FOR HOSTS**

The youth of Ascension are hosting around 30 youth and adults from Lord of Life Lutheran Church in Kenosha, Wisconsin, beginning July 16th. We are looking for families from Ascension that would be willing to host two or more youth and/or adults from Lord of Life overnight Tuesday night, July 19th. We would have you join in a potluck that evening (at Beth-El Mennonite Church), then take your youth and/or adults home with you, join together with them in a devotion that evening, provide breakfast on Wednesday, and return them by 8 a.m. on Wednesday. If you are interested and able to help out, please contact Kirsten Johnson at 440-5896 or [kirstenej94@gmail.com](mailto:kirstenej94@gmail.com) or see her at church the next few Sundays.



## **US & THEM WE**

Happy Summertime Greetings from your Board of Social Outreach! We've been enjoying a small break for the past few weeks, but are now gearing up for a new term. We are deeply thankful for your partnership with us as we look toward continuing to find ways to reach out to the marginalized in our community, nation, and across the globe. As summertime rolls along, it seems we are all seeing an increase in the number of people standing on corners, holding cardboard signs and asking for money. Most of us can find this a challenge as we struggle to balance compassion with cynicism. Sometimes, it's just hard to know what the right thing to do is! Here are some things that are **ALWAYS** right:

- 1) Prayer – God's love and watch care is unfailing, even in the midst of difficult circumstances. You can always lift up a prayer for the individual, their circumstances, and their protection. And hey, if you feel comfortable, and if they agree, you can even pray with them!
- 2) Consider making monetary donations to organizations with which Ascension has established relationships like: Springs Rescue Mission, Mercy's Gate, Lutheran Family Services, or Family Promise.
- 3) Bring food/staple items to our food pantry. Located in the Fellowship Hall, this is a great way to help feed hungry people. Basic things like pasta, toiletry items, tuna, peanut butter, etc., are always welcome, but you can find a list of urgent needs often listed in the bulletin or on the website: [wwwmercysgatecs.org](http://wwwmercysgatecs.org)

Finally, as we began our new term, we are sad to say farewell to a few board members. Many thanks to: Aimee Calderon, Keith Hedstrom, Morgan Kelly, and Rob Suter. Your service on the Board of Social Outreach has been a blessing!

In Christ,  
Sharla Saunders,  
Director, Board of Social Outreach

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### **CHRISTIAN SYMPATHY...**

\*\*to Cheryl Johnson & family at the death of her husband Benny Johnson.

\*\*to Salinda Kuzma, at the death of her husband, Bob, and to their children, Jeff, Jennifer, & Jessica.

## **Building Committee Update**

With the project approvals by the Congregation on June 5, the renovation is moving forward at a rapid pace. The contract with Kinter Construction for \$278,637 was signed on June 8. This contract will complete the renovation of the South End of the facility plus replace the floor coverings in the Fellowship Hall, Narthex, Library, and Main Office areas. The South End of our facility will be off-limits for the remainder of the project.

As of June 20 the demolition has been basically completed and new windows on the west side were being installed. By the time this newsletter is published we expect that a lot of the preparatory work will be completed and the contractor will be installing new items. Although we do not have a firm completion date, Kinter is scheduling the subcontractors as quickly as possible so early August might be an achievable goal.

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## **Capital Campaign Update**

Through the end of May we had received \$216,000 in contributions. We thank all for your generosity. Twenty-five giving units have completed their pledge. Many more are making regular contributions all of which has helped Ascension's ability to move forward with the contract for a major portion of the renovation project. Thanks to all for your support for this much needed project. Your continued stewardship will help keep the overall project on track.

Please check your Quarterly Contribution Statements carefully to ensure proper credit is given for the Capital Campaign (Fundraising-South). If there is a discrepancy, please let the church office know so records can be properly adjusted.

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## **RUTH CIRCLE**

There will be no Ruth Circle gathering during July, but we plan on starting back up on August 11, depending on Construction details. Be watching for announcements.



## Notes from the Music Room

As a church we always strive for unity. We strive to work together using our different gifts. One of the ways I feel the closest to my brothers and sisters in Christ is when we sing a hymn together. In 2013, research was published that showed just how much we are in unity when we sing together. Scientists in Sweden attached pulse monitors to high school choir members and monitored their heart rates as they sang. They were not surprised to see their heart rates slow down, since their breathing rate slows as well as they breathe together and sing the long phrases, almost like the breathing in meditation. But they were amazed to discover that the singers' heartbeats quickly synchronized! Their heartbeats began to beat in unison, guided by the tempo of the hymn. The musicologist who led the research remembered his own childhood, "When I was young, every day started with a teacher sitting down at an old organ to sing a hymn," Bjorn Vickhoff says. "Wasn't that a good idea — to get the class to think, 'We are one, and we are going to work together today.' "

How can I keep from singing?  
Megan

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### THANK YOU...

\*\***Dear Ascension Family,** Thank you so much for all your prayers for our family over the past few months. We were so blessed to have three and a half days with our beautiful girl. It was definitely an answer to prayer. Thanks, too, for the sympathy card shower. I cried as soon as I opened the package and saw what it was and continued crying as I read through them. It means so much that so many of you reached out. We miss Maren so much but rejoice that she is healthy and whole in heaven. Much love, Tiffany, Kevin & James Roiseland.

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### Blessing of the Backpacks!

The Board of Parish Education is pleased to announce that the annual Blessing of the Backpacks is scheduled for Sunday August 7 at both services. All students, teachers and other school personnel are invited to receive a special blessing. The Board of Parish Education will give small tokens to be worn on backpacks, messenger bags or whatever you carry

to school as a reminder of God's presence as the new school year gets underway. Be sure to bring your school bag on August 7!

We will also be collecting school supplies for the elementary students who attend before and after school care at Ascension Children's Learning Center. Approximately, 25 CLC kids need help acquiring school supplies. Any leftover supplies will be donated to the CLC & Audubon Elementary School. If your family could use some assistance with school supplies this year, please contact Pastor Daniel or Pastor Dan.

A table for collecting donations will be set up in the narthex starting Sunday July 17. If you have questions, please contact Elisa Thompson 719.641.5184 or elisat92@gmail.com. If it's easier for you, feel free to make a monetary donation.

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### Thank You...

As I end my term as Director of the Board of Worship I would like to thank all of the members of the board for their hard work and dedication over the past two years. I appreciate the support everyone gave as we navigated our challenges and successes while continuing to provide a meaningful worship experience for our congregation.

Gail Tucker  
Outgoing Director, Board of Worship

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### Thank you from the Endowment Committee

On behalf of your Endowment Committee over the last 4 years we want to thank you for your support and encourage you to keep it up. The fund is in good shape. It's continuing to grow and provide funding for many Church activities. With your continued support this will continue well into the future.

Ron Vawter, Bonnie Vawter, Christel Walter,  
Ralph Hathaway, Benny Johnson

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### BECOME INVOLVED...

\*\***Prayer Ministry** – as we pray for people it helps us to have updates to keep us connected to the person and situation. If you have a prayer concern or would like to become a member of our Prayer Chain, contact the office, 634-1694 or [office@ascensionlutheranelca.org](mailto:office@ascensionlutheranelca.org).

## BECOME INVOLVED...

**\*\*Funeral Committee** – Contact Pat Suter (641-4982) or Bonnie Vawter (579-6707) if you would like to be added to the list of volunteers to help with food or serving at funerals. We are always looking for volunteers!

### **\*\*Coffee Fellowship Hour – Smell the Aroma!**

Please help keep the coffee hours going by signing up to host a Sunday morning Fellowship Hour! All directions for coffee making are in the coffee station, or just ask for assistance. One or two people is all it takes, and you are so appreciated! See the sign-up sheet on the Kiosk in Fellowship Hall.

**\*\*Quilters for a New Beginning** – meets every Wednesday from 9-1 in the Fellowship Hall. They spread out quilts in all phases of creation, and if you'd like to help put together quilts for a good cause, come and join us. No experience necessary, just a good heart willing to learn and participate.

**\*\*Mercy's Gate – formerly Northern Churches Care** – Pantry items and toiletries are collected in the cupboard in the Fellowship Hall. Ongoing needs: crackers, mac & cheese, oatmeal, spaghetti, corn, green beans, spaghetti sauce, tomato products, tuna, gravy toothpaste, tooth brushes, face soap.

**\*\*Knotty Kneedlers** – We continue to make small blankets and now sweaters for the Indian reservations, as well as prayer shawls. If you would like to become involved in this ministry, or just want to join us for fellowship and work on your own project, we meet every Wednesday at 1pm, in Fellowship Hall. Contact Bonnie Vawter, 579-6707, with any questions.

**\*\*Terrace Gardens Bingo - Prizes are needed.** We could use some of the following prizes: gently used men's clothing, some small containers of ladies' perfumes, adult coloring books, and crayons. Please mark items "Bingo Prizes" and place them in the Terrace Garden Bingo box located on the counter behind the Welcome Center. Thanks go out to our faithful volunteers who show up each month to help the residents with their bingo cards and to help them determine which prize they would like to have. Feel free to contact John Hayes at 572-1052 or blazehayes@aol.com if you'd like to learn more about this Outreach program.

**\*\*Campbell's Soup Labels:** Please just cut the UPC bar code and the picture of the "point value boy" from the following products: Campbells - soups, chunky soups, Healthy Request, Supper Bakes; Pepperidge Farm, Spaghetti-Os, Swanson, V-8 beverage caps and Prego Spaghetti Sauce. Thanks

for continuing to collect these to help the people with disabilities.

**\*\*Pop can tabs** help the Ronald McDonald House. They may be placed in the container in the cupboard in the Welcome Center inside the front doors.

## **Bridge Group**

Our Bridge Group will meet at 5:30 p.m. on July 16th at Ascension. If your card playing skills are a little rusty or you would like to learn how to play this great game, we have cheat sheets and bridge instructors available to help. Feel free to contact John or Kathy Hayes at (719) 572-1052 or kittypawz@aol.com if you have any questions about this group.

## **Holy Pedalers**



Holy Pedalers is off to a good start. Several members have led enjoyable rides for the group. We have found that on occasion, a second bicycle ride may be scheduled at the same time, due to personal preferences and the benefit of meeting the needs of more riders.

If you are interested in riding with the group, notify Bev, Carol Godec, or Aimee Calderon to have your name and contact information added to the email notification of riders' list. Weekly bike ride information is emailed to those on the contact list, by the member leading each ride. Weekly ride information may also be found in the Ascension's What's UP weekly email.

Bev and Carol Godec



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### **CHURCH STAFF**

Normal Office Hours: 9-12 Mon-Fri (719) 634-1694  
Pastor Dan Holt – off on Friday  
Pastor Daniel Smith  
Music Director – Megan Miller  
Diaconal Minister of Faith Formation – Mary Stoneback  
Office Administrator – Arlayne McKee  
Consultant for Health Care – Dr. Dennis Caldwell  
Child Learning Center Director – Teresa Adams  
**E-mail addresses:** office@ascensioncos.org  
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m.stoneback@ascensioncos.org (Mary Stoneback)  
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ts.trinko@gmail.com (newsletter articles)  
**Our Website:** [www.ascensioncos.org](http://www.ascensioncos.org)  
**August newsletter deadline:** July 17

*In Our Thoughts  
& Prayers*

Beth Ayen (Daughter-in-law of Darcy & Bill Ayen), Dale & Dorothy Brown, Sharon Budd (Sister of Darcy Ayen), Brad Buhler, Jacquelyn Ellison (Granddaughter of Marilyn & Troy Goodenough), Tom & Sandra George, Al Mosher, Hazel Quindt, Jeff Sebben, Joshua & Virginia Stanley (Parents of Marilyn Gulliksen), Bob Walker, and all of our men and women serving overseas.