



Ascension In Action

Ascension Lutheran Church

March 2021

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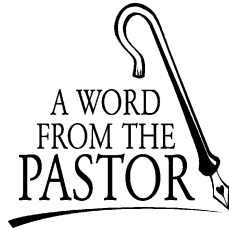
Resilience

Our Lenten series this year is on resilience. It is not a biblical word, but you can see resilience in Paul who was imprisoned, beaten, stoned, whipped and suffered many things. He was resilient in that he came back to keep working in his call to spread the good news of Jesus. In this time of pandemic where we are pulled down in our health, finances, and lack of social connection, it is helpful to have resilience to rise back up to serve after God's call.

Resilience is like a muscle. We are all born with some muscle. It is often the case that we do not find out how strong we are until we are in a situation that demands us to use our strength. The same is true for resilience. We all are born with some and we probably will not find out how resilient we are until we are pulled down by tough circumstances.

As with muscle, we can build up our resilience. It takes time and exercise to build more strength in our muscles. It takes time and exercise to build strength in resilience. Some practices that can help us be resilient:

- First, cultivate community that is supportive of you. In the end of his letter to the Philippians, Paul wrote about how they had encouraged him in tough times. It takes effort to reach out and build supportive community. We are giving you an opportunity to do this through our Lenten zoom small groups following Lent worship.
- Second, practice being grateful. In Philippians 4, Paul instructed them to think on whatever is true, honorable and so forth. Elsewhere, he went on about giving thanks to God. Being grateful supports having a good attitude and keeps us from being lost in negativity or self-pity.
- Third, be clear on your mission. When you have a mission, you have a reason to get up and get going. In that mission you have some plans for what to do next. Heading somewhere and knowing your next step will aid you in moving forward.



- Fourth, have a sense of humor. It can help us not take things so seriously and be weighed down.

We are not saved by our resilience. There are times where we simply are not going to be doing well. It is okay not to be okay. As much as we go to dark places and may need to be there for a time, we don't want to live there. At some point, with the help of God's Spirit, we want to rise up in our strength to serve as God has called us to serve.

Pr. Dan

Funeral Committee Leaders Needed

After working on the Funeral Committee for three years, Marjorie Essigmann and Val Rudy have decided to step down. The Board of Lay Ministry is now looking for two volunteers to take over providing a pleasant meal and space for the reception following each funeral service at Ascension.

Serving on this post involves the following:

- Working with the pastors to determine date and time, as well as the number of guests expected, then contacting the family to determine their preferences.
- Calling volunteers to help with:
 - Setting up and taking down tables and chairs
 - Donating food, drinks and table flowers
 - Setting food out for the buffet
 - Cleaning up the kitchen after
 - Laundering table linens
- You are responsible for buying the main dish and table service, being reimbursed by the Board of Lay Ministry.

Many Ascension members have volunteered in these tasks so you will have a lot of assistance and experience in learning the ropes. Val and Marjorie will be happy to help in transitioning you in. Currently, due to the Pandemic, responsibilities are limited until such time that guidance from government entities allow Ascension and the families to return to more normal functioning.

If you are interested in helping out, please contact Scott Allen at patrickstar1352003@yahoo.com or call 719-469-2910.



What's Happening

- Pastor Dan opened the meeting with a devotion on resilience
- Jon Thompson provided a second update from on his Leadership Team's study of our current our lay leadership structure. His team will reach out to current and past leadership to learn from their experiences. ed to the CPC.
- Russ Johnson indicated our finances are off to a good start this year. Both offerings and CLC revenue were higher than budgeted.
- From the annual financial audit, we learned of a need for tighter controls of keys to the church. The Property and Grounds board will review the recommendations.
- Pastor Dan encouraged the CPC to look ahead at our finances and mission goals to ensure they are aligned.
- John Hayes explained the recent IT Upgrades for our facilities, including new laptops for the Pastors and new Wi-Fi equipment.
- Pastor Daniel closed the meeting in prayer.

Update from your Leadership Waypoint Team

As part of Ascension's ongoing Strategic Planning Initiative, the Leadership Waypoint Team is working on assessing our leadership structure to ensure it supports Ascension's efforts to create faithful community.

The team is sending a survey to several current and past leaders to gain a better understanding of our current structure's strengths and weaknesses. The team is also studying "Governance and Ministry" by Dan Hotchkiss, which provides practical insights into evaluating and considering leadership models. Team members include Jon Thompson, chair, Greg Gulliksen, Rich Johnson, Kim Knoche, Pastor Daniel, and Sue Trinko.

THANK YOU...

On behalf of the Youth & Youth Board, thank you to all who came out for the **Shrove Tuesday celebration. We hosted over 70 people of all ages! The event was made possible by an Endowment grant and a Thrivent Action Team Grant. We look forward to next year's celebration. Blessings to you all this Lenten season.

- The Annual Report was presented to the congregation on February 7th. A copy of the report was included in the February 5th edition of What's Up. Contact Donna Crump or the church office if you would like a copy emailed to you.
- The World Hunger Appeal is on-going through Lent. This year's focus is on providing baby chicks to those in need.
- Pastor Daniel is serving a second term as chair of Colorado Springs Faith Table.
- Ascension will host IHN in April. We will need your help! Stay tuned for more info.
- Some folks may need rides to church, as we start back to in-person worship. Reach out to Scott Allen and his Lay Ministry Board for more information on the Connecting Ascension Riders and Drivers (CARD) transportation program.
- Social Outreach, with the help of a Thrivent Grant, prepared gift bags for ICU nurses treating COVID patients, including our very own Darcy Johnson.
- Volunteers are helping Deacon Mary with technical production duties for online worship. Thanks to all who are willing to serve in this capacity.
- Start saving your "prized possessions" for the Youth garage sale this coming summer! This important event helps to raise funds for youth activities.

Handmade, Heartfelt Card Ministry

Thank you for your continued support of the Handmade, Heartfelt Card Ministry. Even with the limitations on church access in 2020, we were able to send \$900 to The Place, the recipient of last year's profits. As a reminder, The Place (formerly Urban Peak) has been serving homeless teens and young adults in Colorado Springs for 20 years. They have helped an estimated 7650 people in that time, with 8 out of 10 who entered their housing program maintaining a stable home. They also offer outreach (relationship building) for 15- 24 year-olds, a 20-bed facility for temporary shelter, and counseling for education, jobs, and life skills. If you are interested in helping them in other ways, check their website theplacecos.org. The card ministry will continue to support The Place in 2021. We regularly add new cards...check out the Easter and graduation options!

CHRISTIAN SYMPATHY TO...

**Debbie Broderick & family at the death of her sister-in-law.

**Sylvia Holt at the death of her nephew.



*Ascension Lutheran Church
Endowment Fund*

Create a Legacy!

Celebrating a special event? Remembering a special person? Memorialize those people and events in your life with a gift to Ascension's Endowment Fund, and create a lasting legacy!

Ruth Circle

Due to the uncertainty of Covid pandemic, Ruth Circle will not meet until the fall of 2021. More information will come as information comes available to us. If you are new to Ascension or just looking for a casual Bible Study group, we hope you will keep us in mind! Please contact Nancy Shatto for any questions at 719-426-9444 or Njshatto@yahoo.com.

Bridge Group

Our Bridge Group will most likely not be meeting again until a COVID-19 vaccine is distributed to the US population. Feel free to contact John or Kathy Hayes at (719) 572-1052 or at kittypawz@aol.com if you have any questions about this group.

BECOME INVOLVED...

****Flower Chart** – The 2021 Flower Chart is posted in the office for you to sign up on for a special Sunday for you or a family member, or a special occasion. Check with the church office for more info.

****Ascension's Free Pantry:** Remember to pick up groceries for the pantry when you do your own grocery shopping. They can be placed directly in the pantry outside the CLC or in the cupboard in the Fellowship Hall. It's making a difference. We are specifically looking for nonperishable foods; however, items that are rarely picked up from our Food Pantry located outside the church building are packages of pasta and canned vegetables. Any donations of those items will go directly to Mercy's Gate. No sugared cereals or sugared drinks, please! While the children will happily eat them, they lack much nutritive value. Finally, **please do not donate expired food of any kind.** Thank you so much for your generous donations!

****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.

****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, toothbrushes, face soap.

****Terrace Gardens Bingo – Prizes and Volunteers are needed.** *We will probably not be supporting Bingo at the Terrace Gardens Health Care Center until a COVID-19 vaccine is distributed to the US population.* Our church has been supporting bingo at the Terrace Garden Healthcare Center for about 35 years. We call three games of bingo from 10:00-11:00AM on the third Wednesday of each month for the residents. We normally have about 15 players. We call out numbers until every player wins in each game. After they win, we help them (if needed) to the prize table where they can pick out a prize of their choice. The prizes are all donated by members of the Ascension family. We could use some of the following prizes: gently used men's clothing (sizes Large and higher), women's clothing (large and Plus sizes), sweat pants and tops (large sizes), hygiene products (body washes, lotions, tooth paste, shampoo, etc), playing cards, some small containers of ladies' perfumes, adult coloring books/crayons, and lady's jewelry. Please mark items as "Bingo Prizes" and place them in the Terrace Garden Bingo box located on the counter behind the Welcome Center. The residents really look forward to our bingo each month and it is rewarding to help them. ***We need to build up our pool of volunteers to help us.*** We've lost a couple of our volunteers because of deaths and moves. Please contact John Hayes at 572-1052 or at blazehayes@aol.com if you'd like to help or learn more about this Outreach program. ***Thank you for your continued support of this program.***

****Knotty Kneedlers:** The knitting group has closed down for now. We will be watching for any interest in the future.

****Quilts for New Beginnings** – 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.

****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.



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ADDRESS SERVICE REQUESTED

CHURCH STAFF

Normal Office Hours: 9-12 Mon-Fri (719) 634-1694

Pastor Dan Holt – off on Friday

Pastor Daniel Smith – off on Friday

Music Director – Megan Miller

Diaconal Minister of Faith Formation – Mary Stoneback

Office Administrator – Ruth Albrent-Runnells

Child Learning Center Director – Teresa Adams

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Our Website: www.ascensioncos.org

April newsletter deadline: March 24

*In Our Thoughts
& Prayers*

Beth Ayen (Daughter-in-law of Darcy & Bill Ayen), Kim Babros-Banks, Allen Brooks, Brad Buhler, Sonny Campbell, Rose Erickson, Penny Foster, Andrea Gallant (sister of Gabrielle Brown), Elaine Glover, Bev Godec, Steve Hast (friend of Oltrogges), Jack Kagarise, Pam Landry, Rick Leiting (relative of Judi Johnson), Daniela Mannerberg (daughter-in-law of Kathy), Ron Olson, Carlos Quiles (friend of Ron Mohler), Rick Rogers, Jeff Sebben, Cassie Shaffer, Cathy Stanley (sister-in-law of Marilyn Gulliksen), Ilene Steinkruger, Jan & Steve Tompkins, Wanda Wade, Lucille Walker, Dee Yocum, and all of our men and women serving overseas, especially Anthony Calderon.