



Ascension In Action

Ascension Lutheran Church

August 2021

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Thanks

What a pleasant surprise. I received a thank you note today. I don't even know who it came from. It referenced a sermon I gave a while back, so it must be from one of you. I'm sure it only took you a moment to write, but it mattered to me. So, thanks.

I've been trying to be more thankful recently. Not just in the thinking-about-things-I'm-thankful-for sort of way. I'm actually still pretty bad at that. Not even in the praying-about-things-I'm-thankful-for sort of way. I'm working on that, too. Those are all good. They change the way you think. They change the way you act.

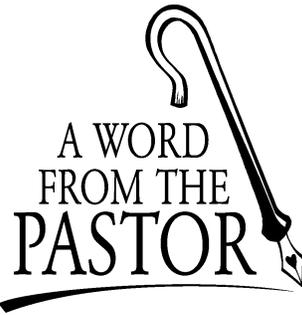
But, I've been trying to actually thank people more often. Because I noticed how much it matters when someone thanks me. A small note can go a long way. It helps you realize what you do matters. It helps you realize that we do not live alone, but together. When we give and receive thanks, we strengthen the community.

So thank you.

Thank you for sticking with this community these last 18 months. I know it hasn't been easy to "do" church online or navigate the safety of returning to the building, but you've been thoughtful, patient, and kind. Thank you for not forgetting what we do as the church – thank you for giving to those in need, praying for one another, and making music. Thank you for your generosity. Thank you for mowing the lawn and painting the basement. Thank you for folding bulletins and working the cameras and preparing the newsletter. Thank you for reading the newsletter! Thank you for welcoming newcomers. Thank you for supporting myself and the other staff here. Thank you for being the church. It means a lot to me and to so many others. And I hope it means a lot to you, too.

Blest be the tie that binds our hearts in Christian love.

Thank you,
Pastor Daniel



CHRISTIAN SYMPATHY TO...

**Norma Ingalls & family at the death of her husband Richard.

**Debbie Peterson & family at the death of her sister Karen Moore.



What's Happening

- Is God calling you to be a Sunday School teacher? If so, talk to Ellie Urlaub or Dennis Bagenstos.
- We are still worshiping in-person on Sunday's at 9:15 but we are considering adding a second service in September. Online worship is always an option. Pajama church for the win when you can't be ready by 9:15!
- A few ladies from Ascension are joining a Women's Retreat at Rainbow Trail, 8-10 October. Contact Gail Tucker for more info or check out the website: <https://www.rainbowtrail.org/retreats/womens-retreats>.
- Deacon Mary returns from sabbatical on August 15th! Welcome back, Mary!
- The Worship Board is looking for lectors, cantors, acolytes, greeters, and communion helpers for in-person worship. Contact Ingrid Daniel to volunteer.
- Love the new signage! Thank you Board of Evangelism for your efforts in welcoming visitors.



In lieu of a monthly meeting, the CPC enjoyed a picnic this month. Happy Summer!

Social Outreach News

We will coordinate with other Colorado Springs churches to volunteer at local organizations on **Sat., October 2nd** through the **Cuz I Love You** organization in Colorado Springs. This service event will be the God's Work Our Hands service opportunity that is usually on a Sunday afternoon in October. We can wear our t-shirts (other churches will be too) and it will be run in a similar way but with more local organizations to serve and more churches providing volunteers! Please hold this date. We will be signing up volunteers soon. Look for news on how to volunteer coming in August.

Lutheran Family Services Innkeeper's dinner will be **Thurs., September 16th** this year. That's moved up about a month from when it usually is and it will be held at the Flying W Ranch. Social Outreach will buy a table.



*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

All ladies of Ascension are invited to join us on the 2nd Thursday of each month at 9:30am for fellowship and casual Bible Study. We will be using the book, *Fierce* by Alice Connor. The next meeting will be August 12. If you are new Ascension or just looking for a casual Bible Study group, we hope you will come and join us! Please contact Nancy Shatto for any questions, at 719-243-8978 or Njshatto@yahoo.com.

The Faster Pastors are at it again!

For the 10th year, the faster pastors are running. This year we are raising funds for Lutheran Immigration and Refugee Services. LIRS has helped over 500,000 refugees enter and acclimate to the United States over the last 80 years. Learn more about their work at www.lirs.org/80-years-of-welcome.

The 10 Faster Pastors will be running a relay for about 30 hours and 165 miles from Idaho Springs to (near) Fairplay, to Frisco, to Leadville, to Buena Vista. And they aren't all pastors! This year our own Karin Rose will join the team. Pastor Daniel is also running for the 8th time. You can support the cause by making a check to Ascension with "faster pastor" in the memo or by giving online and selecting the "Faster Pastors" fund. www.ascensioncos.org/give

Volunteer Opportunities at Care and Share

Care and Share is the major source of food for the hungry in Southern Colorado. They are always looking for volunteers to help them at their warehouse located east of the intersection of Powers and Constitution. This is an opportunity for members of Ascension to volunteer together to help feed the hungry. Below are some of the tasks that volunteers do and what day of the week they do it. These are good opportunities for families to volunteer together. If you're interested in doing one or more of these tasks with other Ascension volunteers, please let John Hayes know. His email address is blazehayes@aol.com or he can be reached by phone at (719) 572-1052.

Off-Loading and Sorting Food- Receiving Dock (Saturdays 9:00-11:30 AM). The first stage for the donated food we receive. The majority of our food is picked up by one of our Care and Share trucks. We need your help sorting the food into different categories: boxed, canned, liquids etc. T-shirt and jeans are perfect for this rewarding work. We will provide latex gloves. Closed toed shoes are required. Volunteers must be able to stand for two and a half hours and lift 20lb. **This project is for volunteers age 9 and up.**

Warehouse Needs (Saturdays 9:00-11:30 AM or 1:00-2:30 PM). Tasks may include inspecting/sorting/packing food for distribution, bulk food processing, off-loading and sorting food at the receiving dock, and/or refrigerator sorting and packing. Several volunteers will also be asked to help with The Commodity Supplemental Food Program (CSFP), often called "the senior box program", which serves 619,000 low-income seniors. CSFP helps vulnerable seniors from having to choose between food and other basic needs. **If you are part of a large group, our Packing and Sorting Coordinators will do their best to keep you together but you may be asked to split up into two teams.** Volunteers must be able to stand on their feet for a long period of time,

and must wear comfortable closed-toe shoes. **This project is for volunteers age 9 and up.**

Distribution Center (Weekdays 9:00-11:30 AM or 1:00-3:30 PM). Tasks may include inspecting/sorting/packing food for distribution, bulk food processing, off-loading and sorting food at the receiving dock, and/or refrigerator sorting and packing. T-shirt and jeans are perfect for this rewarding work. We will provide latex gloves. Closed toed shoes are required. Volunteers must be able to stand for two and a half hours and lift 20lb. **This project is for volunteers age 9 and up.**

Recycling Assistant (Weekdays 9:00-11:30 AM). We recycle cardboard, shrink wrap, and soft plastics, Single Stream Recyclables, metal, aluminum cans, and pallets. The Recycling Assistant collects these materials from throughout the Distribution Center. T-shirt and jeans are perfect for this rewarding work. We will provide latex gloves; however, sturdier work gloves may be desired. Closed toed shoes are required. Volunteers must be able to stand for two hours and lift 20lbs. **This project is for volunteers age 9 and up.**

Refrigerator Assistant (Wednesdays and Fridays 12:30 – 3:00 PM). Provides our partner agencies with more quality products. This position would be tasked with inspecting produce and dairy products for quality and dates; assisting with our recycling efforts; and condensing, combining and staging pallets. The refrigerator is 40 degrees, so we ask that you wear layers, coats and hats. We will provide latex gloves. Closed toed shoes are required. Volunteers must be able to stand for two and a half hours and lift 20lb. **This project is for volunteers age 16 and up.**

BECOME INVOLVED...

****Knotty Kneedlers:** The knitting group has closed down for now. We will be watching for any interest in the future. If you know of anyone in need of a prayer shawl, please let one of the Pastors know!

****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.

****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.

****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.

****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** – *We restarted our bingo with Terrace Gardens in July and it was great to again participate in this fun Outreach program.* 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 because 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 program. *Thank you for your continued support.*

****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.

Bridge Group Meets August 14

Our Bridge Group will meet on August 14th starting at 5:30PM. 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. If you'd like to learn how to play bridge, Charles Lewis would be happy to give you bridge lessons.



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Ascension Lutheran Church, ELCA
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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

E-mail addresses: office@ascensioncos.org

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d.smith@ascensioncos.org (Pastor Smith)

m.stoneback@ascensioncos.org (Mary Stoneback)

music@ascensioncos.org (Megan Miller)

t.adams@ascensioncos.org (Teresa Adams)

clc@ascensioncos.org (CLC)

ts.trinko@gmail.com (newsletter articles)

Our Website: www.ascensioncos.org

September newsletter deadline: Aug. 19

*In Our Thoughts
& Prayers*

Beth Ayen (Daughter-in-law of Darcy & Bill Ayen), Brad Buhler, Sonny Campbell, Andrea Gallant (sister of Gabrielle Brown), Elaine Glover, Bev Godec, Steve Hast (friend of Oltrogges), Jean Hinck, Joshua Kaiser (friend of John Hayes), Pam Landry, Michael Noble Jr. (friend of the Trents), John Plump (friend of Kemmlings), Carlos Quiles (friend of Ron Mohler), Rick Rogers, Jeff Sebben, Cassie Shaffer, Cathy Stanley (sister-in-law of Marilyn Gulliksen), Steve Tompkins, Wanda Wade (friend of Kagarise), Dee Yocum, and all of our men and women serving overseas, especially Anthony Calderon.