



Ascension In Action

Ascension Lutheran Church

February 2023

Why Ash Wednesday?

In a few weeks you will be invited forward to receive a cross of ashes on your forehead. Let's be honest: it is a rather strange ritual. For a faith that is so focused on resurrection, on life beyond death, on a divine love stronger than death, it is strange that we take a moment to be reminded that we are dust and will return to dust.

So why do we do it? The clearest reason for me came on Ash Wednesday five years ago. It was the same day as the school shooting in Parkland, FL. I saw the news of the shooting online. And I saw this photo.



Joel Auerbach, Associated Press

The mother with the cross on her forehead did not have a child at Marjorie Stoneman Douglas High School. But she heard about the shooting and came to offer comfort and to grieve with and for her community. One mother bearing an ashen cross, recently reminded of her mortality, embracing another mother for whom mortality was far too close.

This picture has come to define Ash Wednesday for me. It tells me why we engage in this strange ritual. On the one hand, there is nothing we need in this world less than a reminder of our mortality. Decay and death surround us. It is just about the only thing that all people experience. (Sorry Ben Franklin, even taxes aren't certain for *everyone*.) And yet, we spend so much of our lives, wealth, and energy denying death.

There is a freedom in simply admitting it. There is a freedom in simply coming face to face with our death. A freedom from the lies we tell ourselves about death, from the money we spend on anti-aging potions and activities we use to convince us we are still young. A freedom from the effort we make to keep death hidden in funeral homes and rarely-visited cemeteries.

But as our faith reminds us, the freedom we experience is not just a freedom *from* something, it is also a freedom *to* something to. When we confront our mortality, we are free from the exhausting illusion that we won't die, and we are free *to* join others in their grief. We are free to stand with another, so that when mortality makes itself known to them, they are not alone. And we are, finally, free to receive the gospel of Christ – that even death is not the end.

I think we do this strange ritual, because to see our lives and this world transformed by God, we first must see our lives and this world for what they are. That's where freedom begins.

God bless,
Pastor Daniel

Camp Sunday, February 5—for all ages!

The mountain is coming to Ascension Sunday February 5! Rainbow Trail Lutheran Camp Executive Director Dave Jarvis and friends will join us for worship and a special community hour for all ages in the lower level from 9:15-10:15. It's Camp Sunday! Enjoy the music, prayers, and fellowship, camp-style! Learn more at ascensioncos.org/campsunday

February's Dining Out Details

Terryn Davis is hosting February's Dining Out at Trinity Brewing on February 17th at 6:00. They are located at 1466 Garden of the Gods Road. Please RSVP to Terryn at davisterryn@gmail.com by the 15th.

Hope you can join us for some cheese curds!



What's Happening

January was the month to catch our breath from all the December happenings and to start planning for Lent. Our Teams adjusted their budgets for 2023 and planning ramped up for the Special Appeal to raise funds to retire our church's mortgage. In early February, we get to enjoy the Rainbow Trails Lutheran Camp Intergenerational event. It's always fun to interact with multiple generations at one table and see how different (or similar) our views are. Ash Wednesday is on February 22, which means our Lenten Soup Suppers will begin on the 29th - another great opportunity to interact with our fellow members over great soups.

CHURCH COUNCIL/ EXECUTIVE COMMITTEE

We reviewed the Team's budgets as amended in the 2023 budget and we allocated Special Gift funds to cover some of the holes created by the budget. These Special Gifts have been a Godsend that allow our Team's to venture into new programs to see if they gain traction enough to budget for them next year. We reviewed the schedule for the Special Appeal program to retire our church's mortgage early and then use the freed-up funds to invest in our roster staff compensation. Finally, we laid out the agenda for upcoming Congregational Meeting on February 12th.

* * * * *

Activity Reports from the Teams:

Deacon Mary:

-ALC's Children, Youth & Family Newsletter: Stay in the know of upcoming happenings, get to know others and learn how to grow in faith. Check-out January's

edition: <https://mailchi.mp/f6177e82ecdf/alc-children-youth-and-family-january-newsletter>

-Rainbow Trail Lutheran Camp Intergenerational

Hour: Sunday February 5, 9:15a we'll welcome Dave Jarvis, Executive Director of Rainbow Trail Lutheran Camp and his wife, Nellie, who will lead an intergenerational hour. Come and experience camp inspired activities, songs, prayer and more! Learn how there's something for everyone, all ages, at Rainbow Trail! Sponsored by the Youth, Parish Ed and Lay Ministry Teams.

-Shrove Sunday Family Hour: Sunday February 19, 9:15a the children, youth and families will engage in a Shrove Sunday event.

-Spiritual Autobiography Sessions through Lent: How has God been at work in your life? This upcoming Lent, join members and friends of the Faith Formation for Maturing Adult's Team for four sessions. These sessions are designed to lead you through engaging and fun exercises and help you to reflect on God's presence and activity in your life. Sessions will be held at 9:15a, 2/26, 3/12, 3/19 and 3/26. More information to come! Sponsored by Lay Ministry Team.

Social Outreach (Sue Trinko):

- We had a very successful 1 gift drive for One Nation Walking Together. More than 60 children received gifts.
- The team reviewed our budget to reallocate funds with the lower budget number.
- Look for information on this year's Lenten World Hunger campaign.

Worship (Ingrid Daniel):

- The Worship Board has decorated and undecorated the sanctuary for Christmas.

Ministry Excellence Special Appeal

We are completing Phase 1 of our Special Appeal which includes Ascension's leadership making their commitments to the fund-raising campaign. To date, we have collected \$41,700 and we have pledges for another \$14,000 so we've achieved almost 30% of our goal. Phase 2 will begin on January 29th and Phase 3 will begin on February 6th. We will reset our mortgage in mid-March with the funds raised by that time. This will lower our mortgage payments for the rest of 2023 which we can then shift into improving the compensation for our rostered staff. We pray that we'll be able to completely retire our mortgage by the end of 2023.



Lent begins with Ash Wednesday February 22, with Easter Celebration on Sunday April 9. This year's Lenten Theme is, *The Art of Faithful Reflection*.

Ash Wednesday

2/22, 12p & 7p

Lent begins on Ash Wednesday, February 22. Join us for worship in person at 12p or 7p. The 7p service will also be streamed live on our YouTube channel.

Wednesday Midweek Worship & Soup Suppers

3/1–3/29

For Wednesdays in Lent, we'll explore *The Ministry of Jesus through Art*. Soup Suppers begin at 6p, followed by a mid-week worship service at 7p.

Lenten Art Project

2/19–4/2

Whether paint, color pencils, stencils, photos, words or other, Artist and member, Arlayne McKee invites you to participate in a Lenten Art Project. Start thinking about art as prayer, art as spiritual practice and art as devotion. Opportunities to engage in guided art sessions will be available, with more information to come in the weeks leading up to Lent.

Educational Hour Opportunities

All My Days with God - A Lenten Workshop

2/26, 3/12, 3/19, 3/26, 9:15a

What is your life story and how is God a part of it? This Lent, the Faith Formation for Maturing Adults Team consisting of members Jim DeLoughry, Elisa Thompson and Deacon Mary Stoneback invite you into a guided

sacred space to reflect on and consider God's presence in your life. We'll gather for four Sunday workshops through Lent, 9:15a–10:15a, beginning Sunday February 26 and continuing on March 12, 19 and 26. We'll consider the various decades and arenas of our life, as well as the seasons of our faith and our relationship with Christ. Although there will be some time to share, this space is for you. You are welcome to share as you are comfortable. We pray you find this time a blessing in God's—the Author of Life—presence.



Small Group Highlight

Terrace Gardens Bingo

Our church has been supporting bingo at the Terrace Gardens Healthcare Center for about 35 years. Herb Bagenstos started this out-reach program and then Bev Godec took it over from him. John Hayes took it over from Bev in 2015. This program is supported by a small group of hardy volunteers. 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. Prizes include: 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, toothpaste, shampoo, etc), playing cards, some small containers of ladies' perfumes, adult coloring books/crayons, and lady's jewelry. If you would like to contribute gifts, please mark items as "Bingo Prizes" and place them in the Terrace Garden Bingo box located in the cupboard 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.*

From the Music Director

Join Us for a Special Choir Cantata Opportunity

Please join our Cantata Choir for our next musical presentation for worship. On Sunday, April 30 we will sing "Mass in G" by Franz Schubert. This delightful piece was composed for a small parish choir that Schubert directed in his youth. Since the piece is setting of the words of the liturgy, we will perform each section in the appropriate place in the worship service not as a concert piece. We hope to use a string quartet for accompaniment. Rehearsals will be the first 30-45 minutes of Thursday choir rehearsals beginning at 7:15 pm beginning Thursday, March 2, 2023. There will be a dress rehearsal on Saturday morning April 29.

Everyone is welcome to be a part of this special event. We would ask that you make at least two Thursday rehearsals and the dress rehearsal. There are on line rehearsal/practice aids for you to work with on your own that will be provided.

Please see Megan or Scott if you have questions. Please email Scott at s.christiansen@ascensioncos.org if you will be participating.

* * * * *

Did you ever wonder...

...about all the information in the Evangelical Lutheran Hymnal? Probably not unless your mind was wandering and you looked to the bottom of the page and saw the information listed there.

Let's look at Luther's Reformation Hymn # 504 "A Mighty Fortress is Our God" This is not the title of the hymn but rather the first line of the hymn. This is consistent through all the hymnal with a few exceptions (such as "How Great Thou Art" is not the first line of hymn but of the chorus of the hymn).

Here is what is written at the bottom left of the page:
Text: Martin Luther, 1483-1546; tr. Lutheran Book of Worship
Music: Martin Luther, 1483-1546
Text c. Lutheran Book of Worship, admin. Augsburg Fortress

Martin Luther wrote both the text and music for this hymn (an unusual situation as most hymns have different composers from the authors). The translation was done for the old LBW and the copyright for that is held by the Lutheran Church's publishing arm – Augsburg Fortress.

If you look to page 1205 in the hymnal you will find the First Lines and Titles of Hymns index. Here you can look up hymns. You will see A Mighty Fortress listed there. If you look to the index on page 1191 (Sources of Service Music and Hymns) you will find Martin Luther and a listing of the 19 additional hymns he wrote that are included in the ELW. You also might notice that the hymn is listed in a section of the hymnal – Word of God – (above the hymn number on the top of the page). On page 1188 you will find that category listed in the Topical Index of Hymns. Also, on page 1175 you will find our hymn example listed in the Copyright Acknowledgments Index.

You might notice that there are three versions of A Mighty Fortress in the hymnal – 503 and 505. 503 is a different musical rhythm and 505 has a different translation – one done by Frederick Hedge, and altered (alt.) for the ELW.

Watch this space for the continuing of the story next month.

Scott, Director of Music

Superbowl Sunday Fellowship Hour

Bring a treat for Superbowl Sunday Fellowship Hour on February 12. Start your pregame warm-up between services by bringing a snack to share. Eat your treats in the sanctuary while attending the congregational meeting. Go Ascension! Questions? Call Sally Walker 719-570-0103.

CHRISTIAN SYMPATHY TO...

**Arnie & Kay Wehofer (former members) at the death of their daughter Erin Wehofer Canitia.
**Friends & family of Bev Broin at her death.
**Pete Krieg at the death of his father.
**Carol Barton-Godec & family at the death of her husband, Bev Godec.
**Andy & Sharla Saunders at the death of their friend Mike Wilson.

Faith & Art Camp, June 19-23, 2023

Faith & Art Camp was a hit last year, and we're grateful to bring it back this coming summer!! Mark Your Calendars and learn how you can Involved! Visit www.ascensioncos.org/FAC for more information.

Ruth Circle

Ruth Circle will be meeting February 9, 2023 at 9:30am. We are using the book, "Just Like Jesus" by Max Lucado. We will discuss the seventh chapter, "Golf Games and Celery Sticks". Sarah Jane Orcutt will be leading the discussion. All ladies are invited to join us for fellowship and casual Bible Study. 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, or book information, at 719-243-8978 or Njshatto@yahoo.com.

Aging Parents Support Group

The next meeting of Ascension's support group, Adults Caring for Aging Parents, February 28, in the church library and via Zoom. Pastor Karen Matuska will facilitate the group. To receive the Zoom link, provide Terri Moore with your email address: 719-452-1539 or terri.moore65@gmail.com. For more information, contact Sue Trinko, 719-648-8336 or ts.trinko@gmail.com.

Calling all runners!

Ascension is exploring a relay team to run the Flaming Foliage Relay September 8-9. This is the same 165 mile relay that Pastor Daniel has run in recent years with the Faster Pastors. We'd run it for fun and to raise funds for a partner ministry of Ascension. 2 volunteers and 10 runners of a variety of skill levels are needed. Contact Pastor Daniel if interested.

Interested in receiving Prayer Requests?

When Prayer Requests are shared with the church office we then send that information in an email so people can be informed and help send out a few more prayers for that person. If you would like to be included on these emails, please email the office with the email address you would like to receive Prayer Requests: office@ascensioncos.org

Ascension's Free Pantry

Ascension has a Free Pantry outside of the Learning Center (like a free library). Would you like to be an active participant in providing non-perishable food to people in our community? You can sign up as a Friend on the Free Pantry. To sign up, please contact Sylvia Holt at sylvia.holt6@gmail.com.



New Member Class

Interested in learning more about or becoming a member of Ascension? You're invited to our "Discover Ascension" series. We will learn about ALC's role in our community, our history and a little about what we believe, and get to know some wonderful people. This series is comprised of 3 classes which will run:

- Sunday February 26 (Class 1)
- Sunday March 5 we will skip to offer availability to attend ELCA World Hunger Presentation
- Sunday March 12 (Class 2)
- Sunday March 19 (Class 3)

We will meet in the sanctuary from 9:15 to 10:15 (Sunday School time) just to the left of the office door (Room 203). We'd love to have you join us! Any questions, please call the church office (634-1694) or Andy Saunders (505-4557) or andy.saunders@rustco.com

Pastor's Bible Study

Join us on Tuesdays at 10:30 for a Bible Study on the upcoming Sunday's scripture passage. We'll be using the Revised Common Lectionary for our Sunday readings. The study dives into the history and application of the text. Plus, you might get to influence the sermon! All are welcome.

Bridge Group

Our Bridge Group will meet on **February 11th at 5:30PM**. Please let John or Kathy Hayes know if you plan to play that night. Feel free to contact them 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.

Altar Flower Sign up 2023

The 2023 altar flower poster is up and ready for sign-ups in the office. You can also call the office if you want a specific date to sign up for. Cost for flowers is \$25.

Hello from your Endowment Committee!



Ascension Lutheran Church Endowment Fund

Do you have a great idea for promoting Christian faith, encouraging Christian charity, or supporting education for Christian life and service? Maybe all three!?! If so, please contact the office to get a Grant Request Form to submit to our committee. We look forward to helping you help others.

BECOME INVOLVED...

****Ruth Circle:** All ladies of Ascension are invited to join us on the 2nd Thursday of each month (Not June & July) at 9:30am in the Fellowship Hall, for fellowship and casual Bible Study. If you are new to Ascension, we invite you to join us. Please contact Nancy Shatto for any questions at 719-243-8978 or Njshatto@yahoo.com.

****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! Or if you are interested in starting up this Fall, contact Darcy Ayen, 719-351-0776, or dkdayen@gmail.com.

****Flower Chart** – The 2023 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@ascensioncos.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** – Our church has been supporting bingo at the Terrace Gardens Healthcare Center for about 35 years. Herb Bagenstos started this

out-reach program and then Bev Godec took it over from him. John Hayes took it over from Bev in 2015. This program is supported by a small group of hardy volunteers. 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. Prizes include: 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, toothpaste, shampoo, etc), playing cards, some small containers of ladies' perfumes, adult coloring books/crayons, and lady's jewelry. If you would like to contribute gifts, please mark items as "Bingo Prizes" and place them in the Terrace Garden Bingo box located in the cupboard 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.

To stay connected and up-to-date check out Ascension online:

- Website: ascensioncos.org
- Facebook: facebook.com/ascensioncos
- Instagram: instagram.com/ascensioncos/
- YouTube: tinyurl.com/YouTubeALC
- Prayer Request Form: <https://forms.gle/iQEWie3LkVtz3cmLA>
- Zoom
Link: <https://us02web.zoom.us/j/8673682609>
- Download Ascension's mobile app, ALC Mobile, to your iPhone or Android.



AIA February 2023 Issue #2
Ascension Lutheran Church, ELCA
2505 N. Circle Drive
Colorado Springs, CO 80909

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/ Organist – Scott Christiansen
Choir 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
d.holt@ascensioncos.org (Pastor Holt)
d.smith@ascensioncos.org (Pastor Smith)
m.stoneback@ascensioncos.org (Mary Stoneback)
s.christiansen@ascensioncos.org (Scott Christiansen)
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

March newsletter deadline: February 24



Mary Ann Bond, Brad Buhler, Sonny Campbell, George Candea, Michael Foret, Phoebe Fritson (Sister of Fred Schauer), Elaine Glover, Stewart Hellem, Bob Kelly, Karalee Kleehammer (Elisa Thompson's Mom), Pam Landry, Carol Passon, Cerne Rieves (ALC Quilter), Rick Rogers, Fran Schumacher (friend of Ron Mohler), Jeff Sebben, Cassie Shaffer (friend of Trents), Cathy Stanley (sister-in-law of Marilyn Gulliksen), Ron Stoneback (Father of Mary), Bruce Thompson (Brother of Sandy Trent), Carol Thompson, Wanda Wade (friend of Kagarise) and all of our men and women serving overseas, especially Anthony Calderon.