



Ascension In Action

Ascension Lutheran Church

March 2023

Grow in your Spiritual Life



In our Tradition, Lent has been a time to grow in our spiritual practice. We begin Lent on Ash Wednesday hearing Jesus' words on giving, fasting and praying. He instructs his disciples to do them but not in a showy way. Spiritual practices are not

to be aimed at impressing others but our time to look to God.

After his instruction on those spiritual practices, Jesus went on to warn his disciples about treasuring material things. He added that their material things will be lost to rust, moth and even thieves. Instead, he said build up treasures in heaven that are eternal. You can take something from this life to the next. Paul wrote that three things remain: faith, hope and love. For me what we do in faith, hope and love is our way to build up treasures in heaven.

Spiritual practices are ways we help ourselves recognize and experience what is eternal and spiritual. They help us not be caught up in what is passing but attend to what is eternal. It can help spiritual practice to have some support from joining a study or group or going to a Lenten worship. We have a spiritual reflection class on Sunday mornings. Resources like a Bible reading plan, a devotional book, and even an app will support your spiritual life. We have devotional booklets here at church. And I also highly recommend lection365 app. It has morning and evening devotions each day that are rooted in classic spiritual practices. Pick one spiritual practice to try on this Lent.

Pr. Dan



You're Invited to a Cattle Drive!

This year's ELCA World Hunger Drive is herding up cows that will provide a source of nutrition and income for impoverished families. Join us as we kick off the event on *Sunday, March 5, at 9:15 in the lower level* with an udderly amazing community hour for all ages. Gabe Brannan, ELCA Mission Funding Director will share how our donations impact others around the world. You'll be MOOved by the food, the trivia, the fellowship!

In Senegal, a partnership between dairy herders and the Lutheran Church of Senegal has been increasing milk production and empowering the herders. According to some estimates, families whose cows were producing as little as two quarts of milk a day during the dry season now produce as much as 2.6 gallons. With our goal of \$10,000—or 200 cows—we can get the milk flowing!

- \$50 would provide a quart of milk a day for the life of the cow,
- \$200 would provide a gallon of milk a day for the life of the cow,
- \$250 would buy half a cow, and
- \$500 would buy the entire bovine.

CHRISTIAN SYMPATHY TO...

**Fred Schauer at the death of his sister, Phoebe Fritson.
**Jerry Dollar at the death of his sister.
**Joe DesJardin at the death of his father.



What's Happening

It's hard to believe we're already in March. I always feel like winter is over when we get into March, but I know here in Colorado we can expect snows until Mother's Day. February was a big month for our Special Appeal to retire/reduce our church mortgage so we can use the mortgage funds to better compensate our rostered staff (Pastors and Deacon Mary). Thank you for your tremendous generosity. Ash Wednesday is always a somber event where we're reminded of our limited time on this earth. We enjoyed the Rainbow Trails Lutheran Camp Intergenerational event, and it was great to see so many people participating downstairs between Services. I always look forward to our Lenten Soup Suppers in March because I love to sit down with members of our congregation to share a meal and see how they're doing. We started a New Members Orientation class at the end of February and it's the largest I've seen in a long time. It's great to see!

CHURCH COUNCIL/ EXECUTIVE COMMITTEE

It was good to hear from our Teams at the Congregational Meeting on February 12th. Our church audit went well in January with no major findings. We approved Judy Leiseth and Lorada Shrawder as our congregational representatives at the Synod Assembly in El Paso in May. We stood up a team under Scott Ewing's oversight to review and update the lease agreement we have with Lutheran Family Services for the KPC building across the street from our church.

Ministry Excellence Special Appeal

Thank you for your tremendous generosity with this Special Appeal. We will reset our mortgage in mid-March with the funds collected by that date. Then we hope to continue to collect enough money over the course of the year to pay off our mortgage by December.



Small Group Highlight

Centering Prayer

Ascension's Centering Prayer group meets on the first and third Mondays of the month at 7 pm. Centering Prayer is the meditative practice of letting go of all our thoughts that keep bubbling up in order to be in the presence of God. A quiet mind open to God is not something easily achieved. It is hard enough to quiet one's mind for ten seconds let alone a minute. This spiritual practice strengthens our letting go and quieting abilities. There are several benefits from this. First, it teaches us to be with God in silence. The result can be a growing in faith and awareness of God. One spiritual leader noted, "Silence is God's first language." Second, as many have discovered through meditation practices, quieting one's mind helps one be less anxious and more centered in their life. Contact Pastor Dan if you are interested in the Centering Prayer group.

Easter Lily Sign-ups Underway

Lent has just started but Easter is not far behind. If you would like to purchase a lily for Easter service on April 9th there will be a sign-up sheet in the fellowship area starting March 5th. Our supplier has a limited number of lilies this year so we need to get our order in earlier than normal. The cost of one plant is \$18. You can place a check or cash in the offering plate marked "lily". Please include your name if giving cash. In addition, you can place your check or money in the Hayes mailbox and I will take care of it. Last day to sign up is Sunday March 19th.





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

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

Through 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 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.

Art of Faithful Reflection - Art Creation Event Sunday, March 12

This year's Lenten theme, the Art of Faithful Reflection, offers a chance for us to reflect on what Lent means to us. If you would like to participate in creating art based on your reflections but would prefer some guidance, or you would like to create art in the company of others, come to the lower level after 2nd service on Sunday, March 12. Lay Ministry will provide a light lunch, then with the help of Arlayne, we will have time for reflection and painting. Please sign up between services or by contacting Cheryle Fritsch (951-704-2348 or Cheryl.fritsch@lexisnexusrisk.com) or Marcia Oltrogge (719-640-6577 or marcia@oltrogges.com).



March Dining Out

We will be meeting at Uve's on March 17th at 6:00. They are located at 31 Iowa Avenue. Please RSVP to us at

jrajohnson@aol.com by the 15th. Hope you can join us for their great German food!

An Update on Church Finances

We finished January 2023 in teasingly great shape. However, a caveat is that both revenue and expenses were atypical. Received offerings (revenue) of \$74,178, were 157% of the budgeted amount of \$47,219 because several members delivered their entire annual offerings as a lump sum. Expenses, at \$58,913, were 78% of the \$75,093 in the budget. Bills expected due in January did not arrive and are likely deferred to February. After adjusting the revenue by applying 1/12 of the annual offerings received to January, revenue was close to budget and that reflects, on average, a projected monthly deficit of about \$2,000 each subsequent month. Thank you for your generous support of the church, our staff, and the community programs we sponsor.

-- Stewardship Team

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...

To continue the story of the information in our hymnal...

Last month we learned about the information on hymn authors listed at the bottom of each page in the hymnal. This month we will learn about the music portion of the hymn.

Let us go back to our hymn **A Mighty Fortress** # 504. In the bottom right of the page you will see:

Ein Feste Burg.
(And the numbers) **878766667.**

The tune name is **Ein Feste Burg** (literally – A Fortified Castle). It was long thought that the tune was a German drinking song (one often had to sober up the musicians out of the pub from Saturday night and they played the tunes they knew on Sunday morning) but recent study has concluded that Luther did indeed compose the tune. Tune names are derived from many sources – places, saint names, etc. And by far the norm is that a hymn was fitted into an existing tune and a tune was not usually composed for a hymn text.

That brings us to the numbers. What sort of code is 878766667? It is the number of syllables in the text that

can be matched to the number of notes in the melody of the tune.

If you look on page 1201 of the hymnal you will find the **Metrical Index of Tunes** index. You will see under that sequence of numbers the **Ein Fest Burg** tune listed. It is the only hymn with that number of syllables. If you look just above it to 8787D. (the D means doubled or 87878787). All the texts associated with those hymns could be sung with any of the other tunes and fit together. So, if you were to write a hymn text it is likely we can find a tune to go with it.

Our hymnal is a wealth of resources and wonderfully adaptive to our worship needs. Thank you for taking the time to learn of some of its treasures.

Scott, Director of Music

Ruth Circle

Ruth Circle will meet March 9 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" and possibly chapter 8 "Nothing but the



Ruth Circle

Truth" if time allows. 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 to 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, March 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.

A Reflection on Ascension's Mentors

At our recent congregational meeting, much thanks was given to Rich G. *for his faithful work at the church, especially his work on the property. Rich shares this reflection on his mentors in ministry at Ascension.*

I am thankful for the opportunity to serve as I witnessed those before me do much more than I am doing.

When I first started attending Ascension in the very early 1980's, Don Pflibsen was our custodian. He set up and took down the tables and chairs for the various meetings that took place at the church. Seems as though he provided janitorial services as well. This was no small task either as he had a full-time job at Hotsy Corporation and was heavily involved with the Boy Scout troop that the church sponsored. He continued his service until his Parkinson's disease would no longer allow him to serve.

Dale Brown and Oscar Mazigian were my next mentors who served the church. They were both very instrumental in getting the new sanctuary built while continuing to support the maintenance needs of the church. Their experience with building projects kept the building project from needless pitfalls that might otherwise have been unavoidable. Oscar's untimely death put a huge hole in Dale's heart as well as many others in our church community.

Most recently, Floyd Buhler took over the duties of setting thermostats and countless other tasks that were needed in keeping the church structure intact. He was also an invaluable asset in the building project that changed the fellowship hall and the new entry structure that we now enjoy. At the celebration of the conclusion of the project, the church council gave Floyd a pillow and a blanket as it seemed as though he spent the better part of his day at the church.

And there are so many others that deserve recognition for services volunteered and rendered in an effort to keep the church in good shape. They are too numerous to enumerate and some that are unbeknownst to me and known only by God.

There will be others who will be willing to do what is needed to keep the church wheels on the track. God just works that way.

Thanks again and God's peace be with you, Rich G.

Ascension's Online Member Directory

Did you know that we have a member directory online? If you are in the directory, but haven't been out there for a while, either log on to the Instant Church Directory app or go online at <https://members.instantchurchdirectory.com/> to see if your information is still up to date. If anything needs to be updated, you can either try updating it on your own, or you can send the information to Aimee Calderon at aimeebuesing@yahoo.com to update.

If you are not yet in the directory, now is the time! Either fill out the form that is at the church (you may have had one put in your mailbox) and put it in the Calderon mailbox, or send an email to Aimee with a picture and answers to the following questions:

Family information:

- Family Last Name*
- First Names of family members (if last name different, note that here)*
- Address
- City
- State
- Zip
- Want address private? Y / N
- Family Phone
- Family Email(s)*
- Anniversary

Individual information for each family member:

- Birthday (year not required)
- Show in directory? Y / N
- Email address
- Want email private? Y / N
- Phone number
- Allow text? Y / N
- Want number private? Y / N

Individual information for each family member:

- Birthday (year not required)
- Show in directory? Y / N
- Email address
- Want email private? Y / N
- Phone number
- Allow text? Y / N
- Want number private? Y / N

*required

If you do not have a picture to email, Judi Johnson can take one for you after the 8 am service or Aimee Calderon can take one for you after the 10:30 am service. Once you are set up in the directory, you will get an email to set up your login.

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 be involved! Visit www.ascensioncos.org/FAC for more information.

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.

Bridge Group

Our Bridge Group will meet on a **TBD date in March 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.

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.



Ushers Needed!

Help wanted, Ushers! If you are interested in becoming an usher for either service, please contact Rob Koehler at (719) 963-5748 or at: koehlerrobert@hotmail.com. Training will be provided.

Connection Cards

When you join us for weekly worship, we encourage you to fill out the weekly connection card on our worship page. This helps us know who's here and keep ... connected! www.ascensioncos.org/worship/worship-online/

New Hearing Assistant Units! Do you struggle sometimes to hear the sermon or readings? Ascension has recently purchased new hearing assistance units that are tied into the sound system. Ask an usher for assistance on Sunday morning. And thanks to the Endowment Fund!

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.



****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. Cost for flowers is \$25. 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), sweatpants 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 March 2023 Issue #3
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

April newsletter deadline: March 24



Mary Ann Bond, Brad Buhler, George Candea, Bob Dillow, Michael Foret, 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, and all of our men and women serving overseas, especially Anthony Calderon.