



# Ascension In Action

Ascension Lutheran Church

March 2024

## The Way of the Cross

In the Old City of Jerusalem, they have marked a path through the narrow streets that is supposed to be the one that Jesus took to the cross. That path is called the Via Dolorosa or sorrowful way. In our season of Lent, we follow Jesus on his way to the cross. We don't have a marked physical path to follow. What we have is Jesus' teaching on how to follow him.

Jesus' path is to live in service for the good of others even when it costs us. Living in service for the good of others is what love does. While being betrayed, suffering, and dying on the cross, Jesus lived in love for others.

As Christians we can wish that God would change the world so that there would not be suffering and death. Some wish to have enough faith to allow them to rise above suffering in this world. But as much as Jesus spared some people temporarily through healings, he did not change the nature of our world with its suffering and death.

As we move through Lent and Holy Week, we follow Jesus through the hard parts of his life. In going through them, he made a way through death to life for us. Following him on his way is an opportunity to be renewed in our gratitude for the costs Jesus paid. Following him on his way is an opportunity to be renewed in our faith that there is a way through. I would invite and encourage you to join us in this way of the cross through worship services in Lent.

Pr. Dan

## Sympathy and Prayer to...

\*\* the family of Ferne Dillow at her death.

\*\* Alisa DesJardin and family at the death of her father. Her mother passed away less than a month ago.



## Lent – Holy Week Schedule

On Lent Wednesdays, we have soup suppers at 6 pm and worship at 7 pm - an opportunity to deepen spiritual life. Our theme is "Formed by Grace."

**Mar 6 Christian Freedom vs. Liberty.**

**Mar 13 Being both Saint and Sinner.**

**Mar 20 Living in Secular and Spiritual Kingdoms.**

**Mar 24 Palm/Passion Sunday with Cantata.**

**Mar 28 Maundy Thursday Grace and Faith alone 7 pm.**

**Mar 29 Good Friday Services at Noon and 7 pm.**

**Mar 31 Easter Services at 6, 8, & 10:30 am with Youth Breakfast between services.**

<https://www.ascensioncos.org/lent2024/>

## Easter Flowers!

This year there will be no Easter Lily plants. The local plant growers are not cultivating lily plants this year for a few reasons. One is congregations are trending away from lilies in the sanctuary and the local growers do not have enough time for the lily plants to correctly open since Easter is early this year. The local grocery stores will probably have them but those come from another part of the country. The worship team has decided to spread our wings and try 2 different flowers that our wholesaler will have available. One is a cyclamen and the other is an azalea. The price is \$22 for either plant. We had to preorder so that the wholesaler knew how many to order not just for us but for all the congregations they serve. Seven of each plant have been ordered. If we get sign ups for more than that we can order more until March 17th. There will be sign up sheets in the narthex on Sunday, March 3rd with a picture of both plants so you can decide which plant you would like. Both plants will have white flowers. Place your check or cash in an envelope marked Easter flowers and put in offering plate or on Ruth's desk.

# WHAT'S HAPPENING

We're into the Lenten season now which means we get to share soup suppers with our fellow members on Wednesday evenings at 6:00. I love getting to know our church family better at these dinners. We also got to celebrate Patrick and Mary's wedding in between services on February 17th. We also got to help Beth-el Mennonite while they hosted a couple of IHN families at their church.

President John Hayes

## CHURCH COUNCIL/ EXECUTIVE COMMITTEE

On February 11th, we had a Congregational Meeting that gained your approval on how to allocate the remaining budget surplus from 2023, you approved the Ascension delegates to the Rocky Mountain Synod Assembly, and you approved the Nominating Committee that will work to identify replacements for our Ministry leadership teams. If you have an interest in being a member of one of our Ministry teams, please let Sharla Saunders or one of the Pastors know of your willingness to serve.

\* \* \* \* \*

## Team Highlights

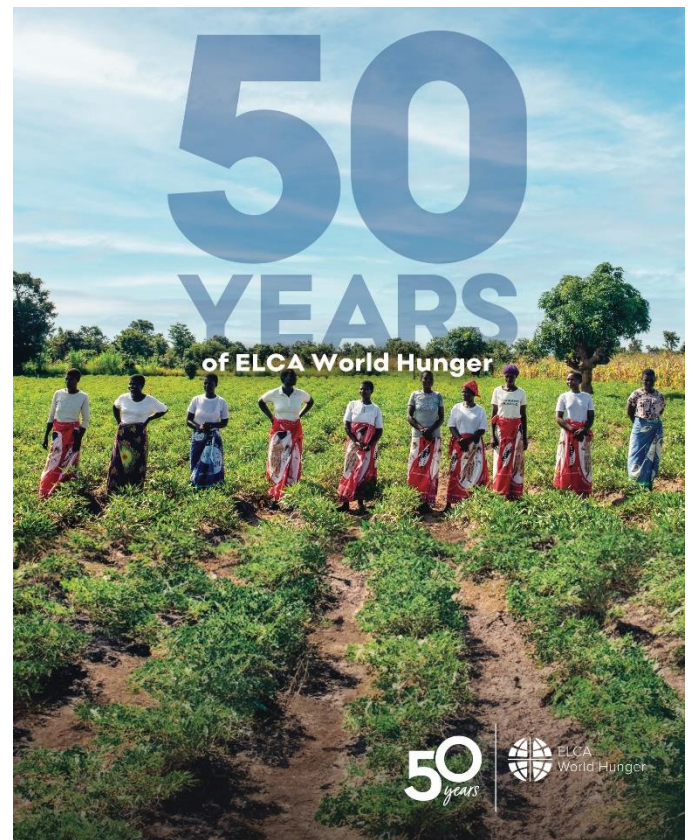
**Property and Grounds** has contracted with Carter's Land and Lawnscape LLC to plow the parking lot after getting a lead from Rich Gaona.

**Lay Ministry** would like to say thank you to Susan Myers for brightening the Fellowship area with flowers.

A June date for your calendar: a fun congregational event and lunch following the church service on June 9. More info to come.

## Lent Coloring Space

Join in a creative and reflective journey this Lenten season! Set-up in the Fellowship Hall all through Lent will be a coloring table. This year's Lent theme is Formed by Grace and is all about what Lutherans believe. Come, unwind and express your spirituality Sundays through the art of coloring. Markers will be provided. Whether you seek a moment of quiet contemplation or wish to connect with others in a relaxed setting, come and add vibrant hues to your Lenten experience. All are welcome to join us in this unique and meaningful expression of spirituality. The completed piece will be hung by Easter in the Sanctuary!



## World Hunger Community Hour March 3!

Have you heard the BUZZ? It's time for our World Hunger Drive! Join us on **Sunday, March 3rd at 9:15**. All will swarm downstairs for an intergenerational hour for the food, fun, and fellowship that will truly be the bee's knees. Our goal is to raise \$11,000 by Easter to go toward bees and community gardens (\$220/each). Let's grow our contributions by:

- writing a check to Ascension with "World Hunger" in the memo line
  - giving online to the world hunger fund
  - <https://www.ascensioncos.org/give/>
  - taking home a farm bank and filling it with change.
- Why didn't anyone laugh at the gardener's jokes?  
Because they were too corny!



## Spring Retreat at Rainbow Trail Lutheran Camp

All are invited to a weekend in the mountains, April 12–14! Contact Marcia Oltrogge for more information ([marcia@oltrogges.com](mailto:marcia@oltrogges.com)).

- Cost is \$125/person, financial assistance available. Talk with Deacon Mary or the pastors.
- Retreat activities include: fellowship and time to get to know each other, arts/woodcrafts, staff–led hikes, archery, high ropes course, worship and music by the campfire, as well as indoor activities and delicious meals!
- Lodging in the main camp cabin, Bristlecone.
- Sign-up at <https://forms.gle/iyhhPYTt967K1Xby5> or at the Retreat table in the Fellowship Hall

## “Summer Camps”

At Rainbow Trail, experience the joy of being with old and new friends in a loving, supportive and caring Christian community! Share the excitement of trying new things! Live the wonder of being immersed in God’s creation! Rainbow Trail offers people of all ages the chance to be a leader, to grow in faith, and to experience wonderful adventures in incredible surroundings. Our fun and exciting staff will love you, care for you, and accept you as you are. Come to camp this summer and feel the power of the Holy Spirit as you grow in faith in Jesus Christ!

Camp Dates and information are located at the Rainbow Trails Lutheran Camp display! For more information contact Mary Stoneback or [roncornell1@comcast.net](mailto:roncornell1@comcast.net) or 719-528-5142.

## Faith & Art Camp | Did you know?

- This is Ascension's third annual Faith and Art Camp, open to the local community
- Camp will take place June 17–21, 1:30pm–5pm, open to Kindergarten–5th graders
- This is our second year to partner with Rainbow Trail Lutheran Camp to bring in young adults who will lead parts of camp
- It takes 70+ volunteers each year to make camp happen!

- Art Rotations over the years have included: painting, clay, photography, singing, bells, theater, dance and more!
- Every year, the children's number one feedback include: making friends, doing art projects and singing and learning about God.

Sign-up to help at this year's Faith and Art Camp at the table in the fellowship hall or visit: <https://www.ascensioncos.org/fac/>

## Mosaic Celebrates National Intellectual and Developmental Disabilities Awareness Month



March is National Intellectual and Developmental Disabilities Awareness Month, and Mosaic’s theme for the Month is “**Inclusion Inspires.**” As a church partner of Mosaic’s ministry, we invite you to come along with us in recognizing and including people with disabilities in your lives and faith.

John 13:34 – Jesus said: “A new commandment I give to you, that you love one another as I have loved you. By this all people will know that you are my disciples, if you have love.” Love without qualifications is asked of each of us, but what does that really mean? For people with intellectual disabilities it is often assumed that as long as people have food and shelter, their needs are met, but are these bare necessities really all that love requires of us? Consider what makes your life meaningful this month and what a meaningful life might mean to someone with a developmental disability.

National Intellectual and Developmental Disabilities Awareness Month seeks to raise awareness about the **inclusion** of people with intellectual and developmental disabilities in all facets of community life. This March, consider inviting someone with a developmental disability to join your hobby group or connecting them with one they’d be interested in. Invite them to volunteer with members of your congregation, or offer them a ride on Sunday to services. Extend a hand and you offer the world.

You’re invited to join Mosaic staff for an educational event on **Tuesday, April 9th**, which we call **Discover the Possibilities**, to learn more about us as a ministry Ascension Lutheran supports and a resource centered on inclusion for people with intellectual and developmental disabilities. We share inspirational stories about the people we support to illustrate the possibilities that have opened up for them, largely due to congregations like yours. **Call or text Emily at (719) 377-2087** to learn more. May you all have a blessed Easter!



## Small Group Highlight



### Quilts For New Beginnings

Quilts For New Beginnings is a quilt group that began in May of 2015 with two people. What began as a way to provide quilts for the Family Promise-IHN graduates, has now grown to include other quilts for local agencies, such as, Habitat for Humanity, Lutheran Family Services, One Nation Walking Together, Bakhita Mountain Home, as well as World Relief Comforters distributed through Lutheran World Relief, and Mennonite Central Committee. The group also makes pillowcases to be distributed to the aforementioned local agencies, quilts for Baptism/Child Dedication, School Backpacks for Lutheran World Relief, and fleece throws for Bingo prizes. In 2023, we gave 50 quilts, 38 pillowcases, 24 Bingo Fleece, 274 Relief Comforters, and several baptism quilts.



The group includes people from all walks of life and backgrounds. It has been a blessing to witness the generosity and dedication of the people involved.

We meet on Wednesday's from 9:00 a.m. – 12:00 p.m., and we welcome anyone who would like to join us regardless of their sewing abilities. If you would like more information on how you might become involved in bringing warmth and comfort to others, please contact Anita Arends at (719) 651-3470 or Barbara Daugherty at (719) 264-1630.

Through the continued blessing of God's grace, we hope Quilts for New Beginnings will bless others for many years to come.

Anita Arends and Barbara Daugherty  
<https://www.facebook.com/QuiltsForNewBeginnings/>

### CONGRATULATIONS TO...

**\*\*Sue and Tony Trinko on the birth of their granddaughter, Emilia Faye Shenker, on Feb. 5.**

### Habitat Build Day May 4

With some of the ERC monies Ascension received, we are hosting two Habitat for Humanity Build Days. Mark your calendar for the first one! **Saturday, May 4,**

we hope to have many from the congregation come out to assist in a home build. More details will be coming!



### Join the Choir at 7 p.m. Thursdays

You are invited to sing in our regular Chancel Choir and in our occasional Cantata Choir, With the success of our last season's spring performance, we are going to do another this year.

- In Holy Week we are planning to present 'The Seven Last Words of Christ' by Theodore Dubois on *Passion Sunday, March 24, 2024* with rehearsals beginning in February 2024.
- In addition, we hope we can gather a good size choir for *Easter Sunday, March 31, 2024.*

Practices are Thursdays at 7:00 pm. Contact Scott or Megan with questions.

### Movement Ministry | Monday & Wednesdays

Professional Trainer Laura Rinne is leading Movement Ministry classes at Ascension, open to all, on Mondays and Wednesdays from 10-11am. If you have any questions, please feel free to reach out to Coach Laura at [laura.h.rinne@gmail.com](mailto:laura.h.rinne@gmail.com).

### Scripture Round Table

On Tuesdays at 10:30 the pastors lead a discussion on the upcoming Sunday's scripture passage. The hour is half learning, half sharing, and all engaging! Plus, you might get to influence the sermon! All are welcome.

### Donuts, Donuts, Donuts

Now it's even easier to sign-up to pick up donuts for fellowship hour. Just go to the Ascension website: <https://www.ascensioncos.org/category/events/> and scroll down to Donuts. Please consider signing up for one Sunday – it's easy as pie, or in this case, donuts!

## 2024 Altar Flowers

There are many Sundays available on the signup poster in the church office or you can call the office and sign up over the phone.

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**Media Ministry Team members** stream our worship services for those who are unable to attend in person. What to join the team? Contact Deacon Mary.

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## Ushers Needed!



Looking for a few good ushers Consider volunteering for this important and easy-to-do service. We're especially looking for ushers to serve once a month at the 10:30 service. Contact Rob

Koehler to volunteer or if you have questions. (719) 963-5748 [cmkoehle@gmail.com](mailto:cmkoehle@gmail.com)

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## 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](mailto: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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## BECOME INVOLVED...

**\*\*Prayer Shawl:** If you know of anyone in need of a prayer shawl, contact one of the Pastors or Darcy Ayen, 719-351-0776, or [dkdayen@gmail.com](mailto:dkdayen@gmail.com).

**\*\*Flower Chart** – The 2024 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](mailto: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 four 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. **WE ARE ABOUT OUT OF PRIZES FOR THE RESIDENTS.** Prizes include gently used men and women's clothing (mostly sizes Large and higher for men and large and Plus sizes for women), sweatpants and tops (large sizes), baseball caps, hygiene products (body washes, lotions, toothpaste, shampoo, etc), playing cards, some small containers of ladies' perfumes, adult coloring books/crayons, and costume 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 also 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](mailto: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. Chris Koehler dropped of 24.2 pounds of tabs last week! You can bring them to church and put them in the labeled box behind the welcome desk. *Canned soup/veggie pop-tops are also accepted.*



**AIA March 2024 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](mailto: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](http://www.ascensioncos.org)

**April newsletter deadline: Mar. 24**



Melvin Allen, Mary Ann Bond, Allen Brooks (Foster son of Darcy & Tom Johnson), Brad Buhler, Ferne Dillow, Michael Foret, Eileen Hedstrom, Stewart Hellem, Don Knight (friend of John Hayes), Pam Landry, Cerne Rieves (ALC Quilter), Rick Rogers, Fran Schumacher (friend of Ron Mohler), Jeff Sebben, Cassie Shaffer (friend of Trents), Ken Shodeen, Cathy Stanley (sister-in-law of Marilyn Gulliksen), Bruce Thompson (Brother of Sandy Trent), Carol Thompson, Bob Vanlandingham, and all of our men and women serving overseas, especially Anthony Calderon.