

# Lutheran Church of the Ascension

OUR VISION: To Worship the Lord, Live by His Example, and

Reach out Through His Love

OUR MISSION: To Know and Share the Good News of Jesus Christ



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## Staff Directory

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## In this Issue:

<i>Holy Week &amp; Easter Worship</i>	2
<i>From the Pastor</i>	3
<i>Focus on Health</i>	4
<i>Reach Out Through God's Love</i>	5-6
<i>Youth Ministry</i>	7
<i>Children's Ministry</i>	8
<i>Worship</i>	9
<i>Altar Guild</i>	10
<i>Property Team</i>	10
<i>Call Committee</i>	10
<i>Fellowship News</i>	11



## **MAUNDY THURSDAY**

**7:00 p.m. Worship with Communion  
Stripping of the Altar**

## **GOOD FRIDAY**

**7:00 p.m. Tenebrae Service  
With members of Northfield Community Church**

## **HOLY SATURDAY**

**8:00 p.m. Easter Vigil at St. James the Less Church  
550 Sunset Ridge Road**

## **EASTER SUNDAY**

**9:00 a.m. Traditional Worship**

**10:00 - 11:00 a.m. Easter Breakfast**  
Hosted by High School Youth

**11:15 a.m. Contemporary Worship**



## Human Sexuality: Gift and Trust

A proposed social statement on human sexuality was released by the Evangelical Lutheran Church in America on February 19, 2009. It's quite possible that you may have heard something about the proposed statement since it was covered by secular media outlets throughout the country. The proposed statement has been released now so that it may be considered by synod assemblies throughout the ELCA this spring. The churchwide assembly will be meeting from August 17 to 23, 2009 in Minneapolis and will consider adopting a final social statement on the topic at that time.

We will have an opportunity to review and discuss the proposed social statement "Human Sexuality: Gift and Trust" during two Sunday morning adult forums on April 19 and April 26, and I will be the convener for those two sessions.

We will look at some specific portions of the proposed social statement on human sexuality on Sunday, April 19 (it's too lengthy of a document to read through and discuss it all at one session). Some sections of the proposed statement that may spark some of the greatest interest will be read and discussed, including those that address same-gendered relationships and cohabitation outside of marriage.

On Sunday, April 26, we will look at "Report and Recommendation on Ministry Policies: Task Force for ELCA Studies on Sexuality," which is a companion piece to the proposed social statement. The report provides a process for the denomination to consider whether or not to allow rostered leaders (including ordained ministers) who are in committed same-gender relationships to serve in the Evangelical Lutheran Church in America. The proposed set of recommendations provides for "structured flexibility" that would basically allow local options for synods and congregations to choose how flexible they would wish to be regarding this issue.

Copies of the proposed social statement and the report and recommendation on ministry policies will be made available to adult forum participants on April 19 and 26. Anyone wishing to look at these documents on the ELCA's web site may also do so as well:

<http://www.elca.org/What-We-Believe/Social-Issues/Social-Statements-in-Process/JTF-Human-Sexuality.aspx>

Plan to be a part of the adult forum on the last two Sundays of April for what promises to be a lively and timely discussion.

*Dennis Bushkofsky*

Interim Pastor



## Focus on Health

### Forget Myths, Folklore and Magic Bullets: The Best Approach to a Healthful Lifestyle Is the "Total Diet"

*"Don't eat after 8 p.m. Avoid carbohydrates, even fruit. A piece of cake on your birthday will ruin your diet." Right?*

Not exactly. There are no bad foods, no good or bad times to eat and no magic bullet for maintaining a healthy weight. The fact is, it's your total diet approach that matters in living a healthful lifestyle.

February was National Heart Month, when good nutrition is truly at the "heart" of the matter. March was National Nutrition Month®, the perfect time to take a fresh look at the big picture. It's a matter of fact and the American Dietetic Association reminds consumers to focus on the total balance of foods you consume, rather than any one food or meal.

No single food or meal makes or breaks a healthful diet. Your overall pattern of eating is the most important focus. A wide variety of foods can fit within this pattern, if consumed in moderation, in appropriate portions and combined with regular physical activity. No one food or type of food guarantees good health, just as no single food is necessarily detrimental to health.

It doesn't matter if you eat after 8 p.m. What's more important is how many calories you ate the entire day, not when you ate them and splurging on cake and ice cream during a party isn't going

to ruin a healthful eating plan. Pay attention to the portion of your treat and enjoy it in moderation, exercise a little longer the next day or plan ahead to save calories, like skipping your morning latte.

Develop an eating plan rich with fruits, vegetables and whole-grains for lifelong health. Too often, people adopt the latest food fad rather than focusing on overall health. Get back to basics consult a registered dietitian and use the new *Dietary Guidelines for Americans* and *MyPyramid* as your guide to healthy eating.

A registered dietitian can help you look at your total diet and learn the balance and moderation needed for success, and can dispel the myths and legends that get in the way of healthful eating.



Ascension held its spring Blood Drive on Sunday, March 8th. In spite of the inclement weather, 18 units of blood were given, helping to save or improve the lives of 54 people.

We would like to thank the following people who kindly gave: Joan Stevenson, Caryl Scott, Ron Nally, Jan Lumpp, Helen Costello, Janice Greenwald, Dick Amos, Peter Erland, Carol Mueller, Kathy McCorkle, Shirley Kreutzfeldt, Fran Gustafson, David Ward, Vanessa Young, and 4 donors from the community.

## Anniversary Jubilee Celebration

In conjunction with the 50<sup>th</sup> Anniversary, a new pictorial directory will be developed, and you will want to be included. Photos will be taken at church on **Wednesday, Thursday and Friday, May 27, 28 and 29, 3:00 p.m.-9:00 p.m. and Saturday, May 30, 10:00 a.m.-4:00 p.m.** There is no sitting fee, and each individual or family who has photos taken will receive a free 8X10 color photo and a copy of the directory. Additional photos may be ordered. Sign ups for appointment times will take place at church in April. For more details, see the Sunday bulletin, the bulletin board, or contact Caryl Scott at 847-564-0686.

## Reach Out Through God's Love

### Holy Family Ministries *Partners in Hope*

### Spring Benefit for Tuition Assistance Friday, April 24

The festive annual benefit to raise essential tuition assistance funds for all students attending Holy Family Ministries' school, pre-school, after-school and summer programs will take place on **Friday, April 24, 6:00 p.m., at the Hilton Hotel Northbrook**. It's a party with a purpose, sponsored by a coalition of church members (including our church) and other friends from the North suburban area. Please come for the fun, for the friends, for the food, for the festivity, and especially for the future of the students!

The need is real. The families of the students experience significant obstacles in their quest to raise healthy, high-achieving children. They live in under-resourced neighborhoods. Conditions related to poverty threaten the stability and success of the children and families. Holy Family Ministries' programs help them break the cycle of poverty for current and future generations!

Your presence and participation make a difference. Funds raised help low-income families afford the excellent, high-performing educational and youth development programs of Holy Family Ministries.

Tickets are \$65 each. Patrons at \$500 (2 tickets) and Sponsors at \$1500 (10 tickets) are also welcome! Reserve your place by calling Holy Family Ministries at 847-441-4115 or online at [www.holyfamilyministries.org/events.php](http://www.holyfamilyministries.org/events.php). Invite your friends and come on out! Enjoy the dinner, auctions, program, good company and good cause.

### Habitat for Humanity



Another year has arrived and Ascension will continue its support of Habitat for Humanity Lake County. One member of our crew, Jon Reid, has worked through the winter building new homes at the Carter Crossing site.

Now I am asking fair weather crew members to come out of hibernation, pick up your hammers and sign up for a work day. Our crew has reserved the third Saturday of each month, April thru November: April 18, May 16, June 20, July 18, Aug. 15, Sept. 19, Oct. 17, and Nov. 21. Please sign up on the bulletin board in Fellowship Hall.

Habitat workers are on the job site every Tuesday, Wednesday, Thursday, Friday (except the first Friday of the month) and Saturday year round. If you can't make one of our dates, you can just show up, and they will be happy to have you.

Together with the Thrivent-Builds program, Ascension has again pledged \$4,000 to sponsor at least one home this year. Ascension has always met its goal, and I am hopeful that despite these hard economic times, we can do so again this year. Make a check to Ascension with "Habitat" on the memo line. We will make sure it gets to the right place.

*Builder Bob*

## College Care Ministry Care Package Donations Needed!

It's time for the second of our 2 college care package mailings of the year! Back in late November 2008, we assembled and mailed 15 care packages to Ascension young adults who were away at college and preparing for first semester finals. We would love to be able to send as many care packages this time, to those same students as well as any additional others!

If your college student has been a part of the Ascension community in recent years and their name and address weren't already submitted for the November mailing, please submit their current college address by writing it on a note card and putting it in Vanessa Young's church office mailbox, or emailing it to [Vanessa@Ascension-Church.org](mailto:Vanessa@Ascension-Church.org).

Ascension's confirmation youth will be assembling these care packages in early May to send off before second semester finals begin, so please consider donating any of the following items to contribute during April!

small snack items (granola bars, fruit snacks, candy, Ramen noodles, microwave popcorn)

\$5 Starbucks gift cards

\$5 Dairy Queen gift cards

notes of encouragement!

other small, random items that would bring a smile to the face of a stressed-out college student! (ie., jars of bubbles, silly string, mini water guns, small frisbees, etc.)

Thank you for supporting this ministry! Ascension college students are grateful to be remembered in this way, so thanks for helping to keep them connected to the Ascension community!

*Vanessa Young*

## Confirmation Youth Service Project Hospice Kit Project

The HIV/AIDS epidemic has added enormous challenges to health care worldwide. It is not a disease we can ignore. What can we do to help? An AIDS/Hospice Kit can provide cleanliness, comfort and hope. Global Health Ministries - an organization supported by the ELCA and Lutherans worldwide - has approved support for a dedicated 20 foot container of hospice kits for the ELCT Hospice/Palliative Care Program in Tanzania. The goal is to collect over 7,000 hospice kits and funds to cover shipping costs by summer 2009!

Ascension's confirmation youth are excited to learn more about the ELCT Hospice/Palliative Care Program in Tanzania, and to contribute to this amazing project! But, we need your help. Please consider donating any of the following items during the month of April:

**Can be new or gently used** - regular size bath towels, wash cloths

**Must be new/unused** - toothbrushes, tubes of toothpaste (any size), bath size bars of soap (wrapped; any kind), pick combs, nail clippers. Band-Aids, small jars or tubes of petroleum jelly, heavy duty household/kitchen- type rubber gloves (medium), small devotional booklets (don't have to be current)

### Helpful Hints!

- \* Check with local hotels or hospitals for towels and wash cloths
- \* Check with local dentists for toothbrushes and toothpaste
- \* Look for bar soap, pick comb, nail clippers, Band-Aids, petroleum jelly, gloves at 'Dollar Store'

Please indicate your intention to contribute any of these items by signing-up on the easel in the Fellowship Hall and drop-off your donations no later than Sunday, April 19<sup>th</sup>. Ascension's confirmation youth thank you for supporting this project and for providing critical items for the care of HIV/AIDS positive individuals in Tanzania!



## **YOUTH MINISTRY**

During the month of March, both the confirmation and high school youth of Ascension participated in some fun fellowship events as well as interesting faith-related activities!

From March 6<sup>th</sup>-8<sup>th</sup>, 4 youth and 2 chaperones attended Lutherdale Bible Camp's 'The Big Ten' Jr. High Retreat in Elkhorn, WI. More than 100 youth from congregations in WI and IL attended the weekend of small group activities, Bible study, games and fellowship, and our Ascension group had an amazing time! Despite the rainy weather, we got to meet a bunch of great youth and youth leaders from other churches, and all 6 of us definitely now have the 10 Commandments memorized.....in order! A huge thanks to Bruce Carlson for stepping in as our male chaperone for the trip after an unexpected illness cropped up. And to all youth who will be in confirmation next year - you're really going to want to plan on joining in the fun for next year's retreat!!

High school youth continued participating in some interesting topics of discussion on Sunday mornings at Breakfast Club, and in particular started meeting in church member's homes for 'LYFE House' during the month of March! These Sunday evening gatherings have been a lot of fun so far, and we're looking forward to continuing this great time of fellowship in the coming months.

**Below are a few important items to remember this month!**

### Confirmation/jr. high youth:

- > Don't forget that there IS something for you during the Christian Education hour on Sunday mornings, too! Please stay after liturgical worship or come early before the Celebrate! service to **join the h.s. youth for 'The Breakfast Club' in the Youth Room from 10:15 to 11:10 a.m.** for Bible study, conversation and breakfast!
- > **Confirmation Sunday will be May 31, 2009 @ 9:00 a.m.** Leading up to that day, all 8<sup>th</sup> graders intending to be confirmed will participate in conversations with Pastor Dennis and Vanessa. Please keep an eye out for emails related to these conversations (separate from regular confirmation class) and the rehearsal schedule for the confirmation service.
- > **Registration is open for various summer camps at Lutherdale!** Check out the summer camp brochure on the Fellowship Hall bulletin board, for elementary, jr. high and high school-aged youth.

### High school youth (and 8<sup>th</sup> graders!):

- > **H.S. youth will be helping set-up, prepare and clean-up for this year's Easter Breakfast on Sunday, April 12<sup>th</sup>!** More help will be needed to accomplish this, so contact Vanessa if you would like to volunteer to serve the Ascension community in this way!
- > **A Leadership Lab informational meeting will take place on Sunday, April 26<sup>th</sup> from 10:15 to 11:00 a.m. in the Youth Room.** Lab will be from Mon., July 13<sup>th</sup> to Sat., July 18<sup>th</sup>. This is an awesome week, so please attend the meeting to learn more about why YOU want to participate this summer!

Peace,

*Vanessa*



Warmer days (and nights). . .daylight until almost 8 p.m.! . . .the kids spending more time running around outside getting fresh air rather than being cooped up. . .and two more sure signs that our seasons are changing: potholes that actually have a deep end and our friendly, faithful local agents of law enforcement with their radar guns at the ready! Could sunscreen and swimsuits be very far off? YEA FOR SPRING! And what a busy few months we have in store for everybody at Ascension!

Beth and I would like to take a moment to thank all of our Sunday School teachers who were part of the past rotation. Thanks to Jan and Mo Hincapie, Lisa Rude, Diane Carlson and the Family Iorio (Diane and Rich, Ben and Annie). Once again, Beth and I are extremely grateful and appreciative of all you do to make our Sunday School program so vital and full of love. We could not do any of this without you all. THANK YOU!

Another big THANK YOU to Irm Claiborne for organizing the donations and assembling the Easter baskets that will be donated to the Northfield Food Pantry for those families with children who are less fortunate yet still deserve to get a basket on Easter Sunday. Thank you, Irm, and thank you to all who donated candy and toys. We are a congregation blessed with so many willing to step up to help others when the need arises!

The Sunday School children will lead our two Palm Sunday services on April 5th. We extend special thanks to our music leader, Mischa Zupko, for working with both the Children's Choir and the Sunday School kids; and to Lisa Rude and my lovely "better half," Beth Peterson, for preparing the kids for the drama and reading portions of the service. The kids have worked hard to prepare for the service; a more dedicated and talented group of kids would be difficult to find. THANK YOU, KIDS!

We are also beginning preparation for this year's class of First Communicants. For the first time, we will be including our Third Graders, so this year's class will include any children in third, fourth or fifth grade. The classes will be held on three consecutive Sundays during the education hour, beginning on Sunday, April 19. The last class of the three will be on Sunday, May 3rd, followed immediately by the students' First Communion at the 11:15 a.m. Celebrate! service. If you have not notified either Beth or me of your intentions to have your third, fourth or fifth grader participate, please do so as soon as possible as materials need to be ordered.

Beth and I are very excited to announce that Ascension will host this year's Ecumenical Vacation Bible School. Last year was the first time we joined with Holy Trinity Lutheran and St. David's Episcopal churches of Glenview, and we had 100 kids (PreK-5th grade) as well as nearly 50 volunteers. After seeing this VBS firsthand last summer, we are confident in saying this week will be one of the highlights of your child's/children's summer! The theme this year will be Crocodile Dock; music and decorations have a bayou/Cajun flair. Please save the week of June 15-June 19 (from 6-8 p.m.), and once registration is open, please be sure to enroll your child early as this does fill up quickly. Watch for more information in the bulletin and *May Witness*. The success of the program depends on volunteers, so if you are able to help out in any way, please notify Beth or me at [bngpeterson@att.net](mailto:bngpeterson@att.net).

Yours in Christ,  
*Beth and Greg*

# Worship Notes

We look forward to the season of Easter as our Lenten journey draws to a close. Thanks to all who participated in the Lenten Drama series! You did a fantastic job and added so much to the evening prayer. We now look forward to a joyful worship led by the children on Palm Sunday, April 5. On Easter, April 12, we will sing an old favorite, "The Hallelujah Chorus" from Handel's *Messiah*. We could certainly benefit by having more people in the choir on this day, so we would like to extend a call for vocal support; all are welcome and encouraged. If you haven't joined us by the time you are reading this article, there is still time to catch our final rehearsals: April 1 at 7:30 p.m. or April 8 at 7:00 p.m.

Just a short report on *Celebrate!*—things are moving steadily forward since Bob Frost's last day with us. We continue to have strong vocal and instrumental leadership in this service and have been encouraged by better-than-average attendance. Pastor Buskofsky and I are working diligently to enhance the flow of this service as well as to keep the content focused and the message strong. If you haven't been with us in awhile, I encourage you to check it out again. Bob is waiting to hear from a church in Antioch about a possible position leading worship there; please keep him in your prayers.

As we gear up for our 50<sup>th</sup> anniversary celebrations, we have designated May 17 as a day we will recognize the gifts our choir has shared with us over the years. We encourage ALL CHOIR MEMBERS, current and past, to form a choir on that day. We invite you to contact us to let us know we can include you.

Finally, please mark your calendars for Saturday, May 2 at 4:30 p.m. and plan to come hear a wonderful percussion ensemble concert that includes our very own Kevin Kosnik, son of Ken and Alice Kosnik. Kevin is a graduate of New England Conservatory and is currently a percussionist in the Chicago Civic Orchestra.

Peace,

*Mischa & Minkyoo*

## Easter Vigil Worship at St. James the Less Saturday, April 11

The Episcopal Church of St. James the Less in Northfield (just across Willow Road from Ascension) has invited the people of Ascension to join them in their celebration of the Easter Vigil this year. The service will begin at 8:00 p.m. on Saturday, April 11 (Holy Saturday) and will be followed by a festive reception in their parish hall.

For those who have not participated in an Easter Vigil service before, it is the high point of the church year for many Christians, since it celebrates the moment when the somber tones of Holy Week are replaced with the first shouts of "Alleluia" in the fifty days of Easter. The service starts outside, weather permitting, with the lighting of a new fire, then progresses to a period of extended readings (a vigil) from the Old Testament that tell the story of salvation. Baptism follows (or affirmation of baptism when there are no candidates for baptism), and the service culminates in a celebration of the first eucharist of Easter. The Easter Vigil is a very important time in the progression of Holy Week, and is as joyous (if not more so) as Easter Sunday itself.

## **Altar Guild**

During this 40-day Lenten season, Ascension is in a time of reflection and penitence. The altar will be stripped of all vestments during Holy Week in solemn remembrance of Christ's crucifixion. On Easter Sunday, the altar will be draped in white, symbolizing purity, joy and the light of Christ, and the sanctuary will be filled with the scent of lilies.

Many thanks to those faithful Altar Guild members who serve throughout the year to ready the sanctuary for worship. Special thanks to Sylvia Peterson and Lucille Parry for their many years of service as Altar Guild members. Their faithfulness and dedication to this ministry are most appreciated. Lois and Ed Giberson also deserve a word of thanks for their untiring service each Sunday as they perform clean-up duties following the Celebrate service.

Our volunteer pool for Altar Guild is growing smaller with members moving or transferring to other churches. We are organized by month with 2 volunteers assigned each month, prompting a sharing of duties so that the requirements are not too overwhelming. Set-up is best accomplished on Saturday with final set-up on Sunday morning before the first service. In the words of our newest member, Alice Lee, "It's an honor to prepare the sanctuary for worship." If you are interested in serving or in learning more about serving, please contact Ellen Kollmann at 847-498-5697 or by email: [elkollmann@gmail.com](mailto:elkollmann@gmail.com).

## **Property Team**

The Property Committee is active again with the following serving on the team: Harry Carlson, Linda Clinton, Don Gordon, Norm Lee, Bob Reid, Kurt Vining, and John West. We have held three meetings since the first of the year and have identified several projects to work on or items to be investigated. Items currently under consideration include correcting or replacing inconsistent thermostats, replacing or repairing chairs, several repair and updating items in the kitchen and Sanctuary lighting. We are also investigating possible replacement costs for the boiler and are trying to determine how much life is remaining in the boiler before a replacement is necessary. We will use *The Witness* to update you on projects and progress in the future.

## **Call Committee**

We have not received any candidates from the Synod but the committee has been meeting to prepare for interviewing candidates when we do receive them. Our Mission Profile, which officially starts the process, was sent to the Synod on February 23 and an Open Forum was held on March 8, giving the congregation an opportunity to ask questions about the Call process and to offer suggestions. The forum was led by Stephen Schwab and Kurt Vining with most of the Call Committee being present. If you missed the meeting and have a question or suggestion please contact a committee member. The committee members are David Burk, Jan Hincapie, Alice Kosnik, Grant Krafft, Joan Lee, Lisa Rude, Kurt Vining, Susan Vonnegut. Thank you for your support and interest in this important process.

*Kurt Vining*



## Ascension Women's Luncheon

April 2, 2009 - 12 noon

Hackney's On Lake

Please come for lunch and stay for an interesting discussion of women's issues in the ELCA, facilitated by Ruth Willason.

The women's luncheon group has donated \$250 for the LSSI scrapbook project. These scrapbooks document the lives and thoughts of foster and adopted children.