

The Witness
July 2008

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



Lutheran Church of the Ascension

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Sisters and Brothers in Christ,

It is not unusual to for congregations to send one summer newsletter. That is not the case this year at Ascension. So much is happening that we want to share. Ministry has not gone on vacation.

July 27th Rev. Patrick McGuire will be installed by Bishop Wayne Miller as your Pastor. There will be a single service at 9:30 am. You will not want to miss this celebration and the opportunity to hear Bishop Miller preach.

July 13 will be my last Sunday serving you. It has been a blessing to be a partner in ministry with you in this place. Having served in six interim settings, I know that we continue to be partners in ministry in Christ's church. What a blessing it has been to come to know so many of Christ's disciples. The ELCA theme - **God's Work, Our Hands** serves a reminder to us all of the importance of being open to the spirit's call.

I am pleased to let you know that Beth and Greg Peterson have been hired to serve as Children's Ministry Coordinators. They have already begun working and planning for fall. Those who have an interest in Children's Ministry are invited to a meeting July 10th at 7 pm.

Our Youth team has been busy with plans for the Mission Trip to Costa Rica, July 20th - 30th. During worship July 13 we will pray and bless them as they go out to share the love of God! We will also be sending off with our prayers and blessings the youth attending Leadership Lab.

Plans are underway for those going to Costa Rica to share the experience during worship on August 10th. This will also be Jonathan Anderson's last Sunday at Ascension. He has resigned effective August 15th. Jonathan has truly been a blessing during his time with us, He will be missed!

The search for a youth minister will begin soon. A Youth team meeting has been scheduled for the evening of July 9th. Your input would be welcome.

A busy summer full of changes. With any change comes stress. We can be thankful that God's Spirit is at work, guiding as we continue **God's Work!**

I am confident that God is at work in all that is happening at Ascension. None of us walk alone. I pray that we face the changes with our hands open and ready to do **God's Work!**

Peace and joy to you,

Pastor Carol Wasemiller



Focus on Health

At this writing I have just returned from the Health Ministries Association 19th Annual Conference in Irvine, California. It is always a blessing to gather with people of faith from throughout the country who help others to live lives that integrate faith and health. This conference had as its theme *The Healing Power of Gratitude*; its purpose was to increase awareness of gratitude and of its healing power in our lives. Beginning to explore gratitude at the conference was fascinating for me. I would like to continue the journey with you.

Robert A. Emmons, Ph.D., professor of psychology at the University of California, Davis, is an acknowledged authority in the new science of gratitude and its effects on health, happiness, and spirituality. At the conference he shared recent scientific evidence of the significant associations between feeling grateful and experiencing improved mental and physical health. Gratefulness is an attitude that can be freely chosen for oneself. He describes how to become more thankful in his book entitled *thanks!* Please feel free to stop by my office and take a look at a copy of the book.

When we are grateful, we are able to view life through the lens of abundance versus the lens of scarcity. We focus on what life is offering rather than what life is denying. We see life as a gift, not as a burden. Brother David Steindl-Rast writes, "It is not happiness that makes us grateful but gratefulness that makes us happy."

How do we become more grateful? Dr. Emmons' first prescription is "Keep a gratitude journal. Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy. Setting aside time on a daily basis to recall moments of gratitude associated with ordinary events, your personal attributes, or valued people in your life gives you the potential to interweave a sustainable life theme of gratefulness."

I would like to invite you to join me as we explore gratitude this summer. Let's gather for coffee on **Thursday morning, July 10, 9:30-10:30 a.m.** at church. Together we will determine when and in what manner to continue the discussion. If you are not able to be present but would like to take part, please contact me in the church office or by email at Gail@Ascension-Church.org to let me know of your interest.

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The Health Ministry Team will host a LifeSource Blood Drive Sunday, July 13, 8:00 a.m.-1:00 p.m. in Fellowship Hall. The drive is open to all qualified donors in the community, so please invite your friends and neighbors to come with you. The need for donated blood is critical and some of Ascension's most faithful donors are currently ineligible to donate.

YOU are a potential blood donor if you are 16 years of age or older, weigh at least 110 pounds, have a regular heart rhythm, control your blood pressure with or without medication, are free of fever, and have not given blood in the past eight weeks. LifeSource will provide thorough health screening. Please contact me at church at 847-446-8335 to schedule an appointment, email me, or just walk in that morning. If you have questions regarding your eligibility as a donor, please call LifeSource at 847-298-9660.

Peace and good health to all!

Gail Price

Reach Out Through God's Love

Habitat for Humanity



Ascension continues its service ministry with Habitat for Humanity in conjunction with Thrivent Builds.

So far John West, Bob Reid, Jim Looman, Jon Reid, Jack Brewer, Chris Brewer, Dan Gill, Daniel Gill and Barb Ford have participated. Doug Chester, Kathy Weinstein and Gail Price have signed up as well. In our first three months Ascension has donated over 160 hours of labor to this project. Check out the bulletin board to see what we have done.

There are so many worthy causes that need our support this year. Let's not forget Habitat. We have been able to donate \$800.00 to this project so far. We need another \$3200 to meet our pledge to Thrivent Builds and Habitat to build a house for the Ford family. It's not only gasoline and groceries that cost more now, but building materials do also. Affordable housing and mortgages are hard to find in this market. Consider supporting this ministry by making a check out to Ascension with Habitat in the memo line. Every little bit helps.

Builder Bob



Winged Migration is the July film of the Green Team family film series to be shown on Wednesday, July 16, 7:00 p.m. in the Augustana Theater at church. Invite your family and friends to share in this inspiring evening together. Free popcorn and movie snacks for all!

Caring for One Another

Jeff Kollmann, former Ascension member and son of Ellen and Steve Kollmann, lost all of his household furnishings and personal property as well as his three dogs in an apartment fire in late May. During July, Ascension would like to host a "virtual shower" for Jeff to help him refurnish a new apartment. Here's how you can take part:

If you don't have some of your own, pick up a discount coupon at church. Then visit any Bed Bath and Beyond store to see a copy of Jeff's housewarming registry and shop. You may also log on to www.bedbathandbeyond.com, choose the bridal and gift registry tab and enter the name Jeff Kollmann in the Give a Gift space. Click on his name to view the registry. (Coupons are not accepted for online shopping).

To save money, please don't bother with gift wrapping or shipping costs. Boxing fragile and bulky items will be helpful, though. Bring your gifts to Ascension during July and place them on the gift table. They will be gratefully received and you will experience the joy of reaching out through God's love. Thank you!



Sunday mornings

June 29 - August 3

8:45 a.m. - 11:45 a.m.

Contact Pastor Carol if you are interested in a paid position or volunteering

Get Fresh This Summer

There once was a fellow named Fred
 Who cared what his family was fed
 So he passed up the store
 Like a good locavore
 And shopped farmers markets instead.

Summer's here and so are the farmers' markets, making fresh, locally grown, mostly organic produce available throughout the area. Be a locavore. Support the farmers' market in your community and you will be supporting local farms and sustainable agriculture. Best of all, you and your family will enjoy the freshest, healthiest, most delicious fruits and vegetables money can buy.

Below is the schedule of farmers' markets in Ascension's nearby communities. For more farmers' market listings and information on other local, organic food resources visit www.localharvest.org.

Local Farmers' Markets

Summer 2008

Community	Day	Hours	Location
Deerfield	Saturday	7:00 am-12:30 pm	Deerfield Rd - Robert York
Glencoe	Saturday	8:00 am-1:00 pm	Wyman Green
Glenview	Saturday	8:00 am-noon	Wagner Farm
Highland Park	Friday	7:30 am-2:00 pm	Port Clinton Square
Lake Bluff	Friday	7:00 am-noon	Village Green
Libertyville	Thursday	7:00 am-1:00 pm	Milwaukee/Church
Mt. Prospect	Sunday	8:00 am-1:00 pm	Rt 83/Northwest Hwy
Northfield	Saturday	7:30 am-noon	New Trier West
Ravinia	Wednesday	7:00 am-1:00 pm	Dean/Roger Williams
Skokie	Sunday	7:30 am-12:45 pm	Village Hall
Wilmette	Saturday	8:00 am-1:00 pm	Metra parking lot



Though Greg was raised Catholic and attended both OLPH and Loyola Academy, we were married at St. John's Lutheran Church in Oregon, Wisconsin. When we had children, we made a pact. Greg said that if our children were baptized and raised Lutheran, the trade off would be that Maddie and Spencer would be Bear's, Bull's and Cub's fans. Even being from Wisconsin with Packer fans as parents, I agreed. When I first started teaching Sunday School, Greg was excited because he got Sunday morning off. Then one Sunday, I convinced him to join me. Ever since Greg has been pushing to sign us up for more rotations. There are some pretty great kids at Ascension. It has been such a blessing to be able to work with them, that we would like to invite you to join us in teaching children about Jesus, the Church and what it means to be Lutheran as we help them grow in faith. On Thursday, July 10th, we will have a Children's Ministry meeting at 6:00 p.m. We encourage all parents who have children pre-k (3 and 4 year olds) through 5th grade to join us at this meeting. We also extend an invitation to anyone who would like to serve as a Sunday School teacher, a shepherd or help out with any of the children's programs. The success of the children's programs depends on its volunteers. This gathering will be a great opportunity for us to meet and exchange ideas.

Though summer Sunday School has been considered, there are many transitions occurring in our church this summer which present numerous opportunities for families to worship together. July 13th will be Pastor Carol's last Sunday as our interim pastor. She has done so much to keep our congregation going that to show our appreciation, families should be together in worship on that Sunday. We will also be sending our youth to Costa Rica for the LYFE Mission Trip that day. On July 20th, we will be welcoming Pastor McGuire for his first service at Ascension. Pastor McGuire's Installation Service will be on July 27th and will be another great opportunity for families to celebrate in worship together.

The children's choir will also be singing during the 9:30 service on July 27th. There will be two rehearsal dates: Thursday, July 10th and Thursday, July 24th, both at 6:00 p.m. So while parents are attending the Children's Ministry meeting on July 10th, the children will be busy practicing for the 27th.

Though it seems as though summer has barely begun, we need to start planning for Sunday School next fall. Included in this issue of the *Witness* is the Sunday School Registration form. Please fill out the form and return it to the Sunday School Mailbox in the Church Office by August 15th. We will have a teacher training day in August for all Moms and Dads and any other members who are interested in sharing their talents through the Children's Ministry. Looking ahead, Rally day will be on September 7th and the first day of Sunday School will be on September 14th. Please mark your calendar with these important dates.

Greg and I are very excited to be working together in our new roles as the Children's Ministry Coordinators. We look forward to developing a strong partnership with parents, staff and the members of Ascension to continue to provide a meaningful and vibrant program for all of our children.

Grace and Peace,

Beth and Greg Peterson

Worship Notes

What a full couple of months we've had calling a new Pastor! Summer is usually a time where things tend to slow down, but we're finding activity and energy levels to be high, which is wonderful. We appreciate the diligence with which you considered this call and all the prayerful and intelligent conversations we had with so many of you. We also appreciate how this church came together, regardless of the differences of opinion, to support what was a controversial decision for many. It is with this unity of spirit that a church can truly follow God's calling. We're excited to imagine what lies ahead for Ascension.

We would like to take a moment to thank Pastor Carol for her wisdom and strong leadership these past several months, and especially through this call process. She listened with a compassionate ear and provided sound judgment at every turn without being judgmental. Please note that on Sunday, July 13th we will celebrate Pastor Carol's 20 years as an ordained pastor and bid her farewell as this will be her last service at Ascension. This will also be the day when we send the youth on the mission trip, so make sure to come on this day as we celebrate the richness of God's blessing in this place.

The following two Sundays will be important, as July 20th is Pastor McGuire's first Sunday with us and July 27th is his installation, to be led by Wayne Miller, the bishop for the Chicago Synod. Note that we will have only one service on July 27th at 9:30 a.m. We would like to pull out all of the stops on the 27th so I would like to call the choir out of recess to be a part of this very important day. Rehearsals will take place on the two Wednesdays prior (July 16 and 23) at 7:00 p.m. Even (and especially) if you have not been a part of the choir recently (or at all), I call on you to share your time and talents with the us as we would like to have a real "Festival Choir" for this worship. Please express your interest either by contacting us directly (mzupko@sbcglobal.net/847-446-8335) or by contacting the office (diane@ascension-church.org /847-446-8335). In addition to working with the choir, we will also be working with Beth and Greg Peterson, our new Sunday School coordinators, to arrange times on the a couple of Thursdays (July 10 and 24) leading up to the installation service to work with the children so they can also take part in this special service. If you would like more details, please contact Beth and Greg (bngpeterson@att.net / 847-486-8503). Please join us in welcoming Pastor McGuire and Bishop Miller.

It's not too early to mark your calendars for Rally Day, which will take place on September 7th. We are again looking to have an outdoor worship followed by various activities similar to last year, so stay tuned for details. We are looking for volunteers, so if you would like to do some grilling, lead some games or help out in any other way, please contact Gail Price (gail@ascension-church.org / 847-446-8335) for food activities, Beth and Greg Peterson for games or Minkyoo and myself for worship activities.

Finally, it looks probable that our next concert series event will take place on Saturday, September 20th at 4:30 p.m. We are going to have a full out Salsa night with a group I have seen personally and can assure you is top notch. I still have to confirm the date with the group, but it seems likely this works best for them. In addition to a concert, we are also going to work out an opportunity for all of you to learn a few steps, so make sure you save the date for a fun filled evening. More to come!

Peace,

Mischa & Minkyoo

Church Council Notes

During May's meeting, we got prepared for the congregational vote for extending a call to Reverend Patrick McGuire, so that the process went as smoothly as possible on Sunday May 18th. General business included the approval of Beth and Greg Peterson to become our Children's Ministry Coordinators for the 2008-2009 school year. Pastor Wasemiller also handed out her report for the month of May.

Jan Funk was our special guest as she updated us on the facilities planning progress. Her committee had just had their first meeting with the architect, Bill Sturm, the prior week. The next two steps are to take measurements of the building and to survey staff. In other exciting news, our search for an office manager has yielded 24 applications. The potential candidates are currently being interviewed. Pastor McGuire will participate in the second interviews of the final candidates.

Blessings,

Michaela Ward

Secretary