

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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Much is happening in the ministries of Ascension. You will find articles throughout this issue that describe many of the events or developments coming up.

For example, the Confirmation program will be evaluated and discussed by staff and parents of next year's 7th and 8th grade students. Shirley Kreutzfeldt, who has generously agreed to help organize and coordinate the confirmation program again, has written an article about this matter.

The Council asked that a comprehensive "welcoming" process for visitors be created. Even though this will probably begin on a small basis, the key word in the assigned task is to create a "comprehensive" process, meaning that more work will probably be done even after the beginning steps are taken. Mischa and Gail have taken staff leadership for this and are recruiting leaders to begin the task. There is an article about this new development.

Then there was the important special congregational meeting on Sunday, May 20, which was our first opportunity to learn about a plan to improve the congregation's physical facility so that the congregation may more effectively carry out its ministry of proclaiming Christ to this community. You will learn much more about the results of this meeting in the July issue of *The Witness*.

In my April article I told you that an Interim Pastor is to support existing ministries and to "actively engage the congregation in doing whatever is necessary to begin ministry with a new pastor." I take no credit for starting any of the above, but I believe the developments I have mentioned, as well as those I have not mentioned, illustrate that the ministry of Ascension is continuing with few "hitches." I am satisfied and I hope you are, too.

Pastor Schnell

Focus on Health



Eating and Active Living for Healthy Aging

Are you looking for ways to slow the physical signs of aging so you can feel as young as you are? Look no further than at the foods you eat and your exercise routine.

How you eat and how active you are can affect how young you feel. Not only can healthful food choices and active living help you feel younger, they can help you stay healthier, be more productive and self-sufficient, enjoy a higher quality of life and even prevent or delay health problems that can come with age.

As we age, our calorie needs decrease (by as much as 25 percent for some), but our nutrient needs remain the same. The right amount of calories for you depends on activity level, gender, healthy status and age, as well as height and weight.

Many women over age 50 require 1,600 to 1,800 calories a day and many older men need about 2,000 calories a day. These calories should be nutrient-rich though, since when calories consumed declines, often the amount of nutrients you consume does, too.

The challenge for healthy, mature adults then is to consume at least the same amount of nutrients as they always have but with fewer calories. A few tips include:

- Choose foods from all five food groups to get a variety of the nutrients you need. Including those that may be of special concern for older adults (protein, calcium, vitamin D, vitamin C, iron, vitamin A, folate, vitamin B6, vitamin B12, zinc and water).

- Choose healthful oils in place of saturated and trans fats. Mature, healthy adults are urged to keep their overall food choices low in saturated fats, trans fats and cholesterol and to keep the amount of total fat they eat low.

- Get the most nutrition from your food and beverage choices. Pick foods such as fruits, vegetables, whole-grains, fat-free and low-fat dairy products and lean protein choices.

- If possible, aim for 30 minutes of physical activity a day. At any age you can strengthen your muscles, improve agility and balance and reap the multiple health benefits of physical activity. If you haven't been physically active, be sure to speak with your health-care provider before getting started.

Make positive changes now to feel good longer and enjoy a healthful lifestyle for years to come.

(Tip of the Month from the American Dietetic Association Website)

Contributed by *Linda Clinton*

Reach Out Through God's Love



Sunday Fellowship

Each Sunday morning volunteers set out coffee, tea and light refreshments which enhance our fellowship with each other and our welcome to newcomers. The task of preparing the table is simple and totally dependent on volunteers. If you appreciate a cup of coffee or tea and the company of others on Sunday morning, won't you please offer your help to sustain this vital ministry? Sign up at the coffee table or contact Gail Price.



When LifeSource telemarketers call to urge you to donate blood now, kindly inform them if you plan to donate at Ascension on **Sunday, July 22**. LifeSource relies on our congregation's regular and first time donors to replenish the blood supply, and they are counting on us for this mid-summer drive. Mark your calendars and prepare to share the gift of life. Prospective donors are in good health with controlled blood pressure and are at least 16 years of age. Contact Gail in the church office for more information. Watch for sign-up in late June.

Habitat for Humanity



Ascension has had two work days at Carter Crossing so far this spring, and ten Ascension members have participated (four people have made both trips). We have also been joined by four non-members. That is 144 person hours of work! Please take the time to look at the photos on the Service Ministry bulletin board. See what we've been doing. While you're doing that, consider signing up to join us on one or more of our work trips. Bring a friend. Our next work trip is scheduled for Saturday June 23.

We have received contributions meeting 18% of our goal. Give a little, or give a lot, and help us attain our goal of \$4000.00 toward the cost of construction materials for these three homes.

Did you know:

It takes about a gallon of oil to make a new laser cartridge?

Almost eight cartridges are thrown away per second in the United States alone.

A laser cartridge thrown into a landfill can take up to 450 years to decompose?

Habitat for Humanity and the environment benefit from your cartridge recycling. Proceeds from every cartridge we collect for Habitat for Humanity Lake County will help build houses for families. You may place cartridges from your printers, fax machines and copiers, all brands, inkjet and laser, in the yellow bin under the main bulletin board. Cartridge World in Glenview returns proceeds to Habitat for Humanity and we reduce the environmental impact of discarding cartridges. Thanks for Caring for Creation!

Support Team Orientation



Sunday, June 24

11:30 a.m.-1:00 p.m. with lunch

At the very heart of our Christian faith is the desire to follow Jesus' model, do as Jesus did, and serve others in Jesus' name. Sometimes we aren't certain how to help people who are ill or homebound or alone or lonely. We may be unsure of their needs or uncomfortable with our ability to meet them.

Ascension's Support Teams invite you to share in the care of people in our congregation and community in a new way. As a member of a Support Team you will

- do what you can
- when you can
- in a coordinated way
- with a built-in support system

You may choose to drive someone to a doctor's appointment or provide a meal for someone recovering from illness. You may share a friendly visit with a person at home or in the hospital. Because you are part of a coordinated team, you will know that, when you are not available to provide care, others will be there.

Support Team Orientation will take place over lunch on Sunday, June 24, 11:30 a.m.-1:00 p.m. Please use the poster in Fellowship Hall or the insert in the Friendship Book to indicate your plans to be there. Speak with one of the Support Team Leaders to learn more.

*Lois Giberson, Marion Guyton,
Marilyn Johnson, Marion Young,
Gail Price*

Homesharing

Interfaith Housing Center matches individuals who have a spare bedroom with people who are looking for affordable housing near their employment. We try to create "win-win" situations helping homeowners to supplement their incomes or remain independent in their homes by matching them with people who can offer both rent and possibly assistance with light chores. The Homesharing program is a free service. Please contact Jacqueline Grossmann at (847) 501 5732, x401 or visit our website: www.interfaithhousingcenter.org



Put on those walking shoes!! The 22nd Annual Greater Chicago Food Depository Hunger Walk is Saturday morning, June 16 with step off at 9:30 a.m. It's a non-competitive, comfortable 2 ½ mile walk along the lake from Montrose Avenue north to Foster and back. Money raised helps to provide food for the hungry at Lakeview Pantry, Northfield Township Food Pantry and Good News Community Kitchen. Pick up a pledge sheet at the poster in Fellowship Hall. Want to share a ride and walk as a group? Please see Irm Claiborne or call her at 847-256-3302.

Spiritual Growth

Re-examining Our Confirmation Program

Parents of current 5th, 6th and 7th graders are invited to attend a Parent meeting with Pastor Schnell and this year's Confirmation leaders (and yes, I did say 5th grade parents too - read on!).

Tuesday, May 29

6:30 p.m.

On May 6th, we as an Ascension community, asked God's blessing on our twelve Confirmation Class of 2007 students. Now the focus shifts to planning the Confirmation program for the upcoming year. The confirmation leaders for the past year have recently had the opportunity to reflect on the Confirmation program with Pastor Schnell. As we plan next year's program, we are seeking parent input from the future Confirmation classes of 2008 (current 7th graders), 2009 (current 6th graders) and 2010 (current 5th graders). Up to now, confirmation has been conducted as a two-year program but confirmation curriculum provides for a three-year program which assures strong coverage of Old and New Testament, and Lutheran life (Baptism, Communion, Worship, and Faith).

Some of the topics on the list for discussion include:

Overview of the confirmation program and options within it

Biblical emphasis - is there enough?

Parent expectations of confirmation

A shift to a 3 year program for the class of 2010?

Please plan to attend. If you have questions, e-mail Shirley Kreutzfeldt a skreutzfeldt@ameritech.net or call the church office.

Shirley Kreutzfeldt

Worship Notes

We have had an eventful year here at Ascension and are coming into the season of Pentecost with much to look forward to in our worship together. Of particular note, our choir is looking forward to participating in the ELCA assembly worship service that takes place on August 11, 11:00 a.m. at Navy Pier. It will be a wonderful opportunity for our congregation to connect with other ELCA congregations from around the country. We rejoice in this time and will most certainly be hearing more as our own Pastor Schnell has a very substantial role in recruiting volunteers for this event.

As we move into our summer schedule we are going to be trying a new liturgical setting from the ELW. The worship team discussed this at the last meeting on May 7, and decided we would try a new liturgical setting for a trial period of six weeks. The team came to this decision to try this during the summer months based on three considerations. The first has to do with the fact that this setting is stylistically different from the current setting and gives us an opportunity to try something new at a time when we are all together in one service to support one another in singing. The second is that we are trying to uphold one of the commitments from the Visioning process to offer three different styles of worship. After the six-week trial period, we will be asking for your feedback (in the form of a survey) to determine if this is something that generally appeals to the congregation and then will consider this service as an alternative style to be used more regularly. The final consideration is that Minkyoo will have just given birth and, needing some time to recover, will be away from the organ for a few weeks. This new setting works well using piano and other acoustic instruments and will allow me (Mischa) to take over and give Minkyoo that time to recover. We will, however, have Donna Craven coming in to fill in on the organ on occasion, so fret not, there will be some of the familiar along with some of the new.

Finally, we would just like to thank the Worship Team, Hymn Team, choir, bell choir, Celebrate Team, children's choir and the youth and adults who have made this a wonderful year of worship. We have had such a variety of musical and visual elements in worship and special services thanks to your creativity, dedication and individual spiritual gifts! The visioning process of four years ago is truly beginning to bear fruit, and we praise God for this blessing. Let us continue to renew and refresh our collective worship experience as each new day is a new creation given to us by Him who created it all.

Blessings,

Mischa & Minkyoo

Stewardship

Caring for Creation Stewardship of the Earth

Shop Locally

Residents of Chicagoland are blessed with an abundance of Farmers' Markets in summertime. If you are in the habit of shopping at one of these markets, you know that the foods and other products offered there are fresh and ripe and delicious. They are also grown or produced closer to home, so transporting them to market uses less energy and reduces the negative impact on the environment. In addition, buying locally grown food supports independent farmers and preserves open land from development. We can truly care for God's creation in many ways by shopping locally.

Saturday Farmers' Markets are held in Deerfield, Evanston, Glencoe, Glenview, Northfield, and Wilmette as well in Chicago and many other communities. Weekday markets take place in Chicago (visit cityofchicago.org/specialevents) and in several nearby communities. Why not try them out?

Wednesday	Ravinia	beginning June 20
Thursday	Libertyville	beginning June 21
Friday	Highland Park	beginning June 1
	Lake Bluff	beginning June 22
Sunday	Mt. Prospect	beginning June 10
	Skokie	beginning June 24

Planting a garden this year? Why not "plant a row" for Northfield Township Food Pantry? When harvest time arrives, the pantry will gratefully accept your fresh produce and make it available to their clients. Thanks for sharing!



Thanks for recycling everything possible both at home and at church--office paper, cardboard, clean plastic packaging, rinsed aluminum cans, glass and plastic bottles, clean foil pans and tin cans. Used paper goods are not recyclable. Please place used paper and cups containing liquids in the garbage cans.

Recycling bins are located at the doors of the sanctuary, in the office and Fellowship Hall, in each classroom, and throughout the building. A large recycling can is in the kitchen under the coffee pots.

From your Church Council...

At the April meeting the Council heard a presentation from the Facilities Planning Team on some of the ideas that would be presented to the congregation for discussion at the May 20th congregational meeting. In addition, discussion on the Call process and the desirable characteristics for a new senior pastor took place. The Call Committee has been seeking input from the Council, the Call Committee and you, the congregation, on this very important matter.

The Council also decided to seek an interim Spiritual Growth Leader to fulfill those responsibilities until we have a new senior pastor in place. This will allow the new senior pastor to have input into the hiring of a Spiritual Growth Leader. The Council also reviewed the report from the task force regarding whether to pursue the purchase of the Duncan property to the south of the church. The Council affirmed the recommendation of the task force not to pursue the purchase of this property.

The Treasurer's report reflected a significant shortfall in contributions compared to budget, which is due in part to a number of members being somewhat behind on their pledged giving. We are hopeful that the shortfall is just a matter of timing that will be resolved as members catch up on their giving.

Call Committee Report

The Call Committee will began its work on May 31, 2007. That is the date of its meeting with the Bishop's Assistant, Pastor Bob Klonowski. Pastor Klonowski led the meeting, which was intended to be an orientation session. Church Council members were also present. As you may know, the committee has not been waiting until May 31st to start its work on this very important assignment. The committee met with the Church Council to discuss and document the qualifications and expectations of our new pastor. Additionally, members of the committee held meetings with staff and the congregation to gather similar information. It's very important we spend time identifying the type of person we want to lead us and that we clearly share that information with the Chicago Metropolitan Synod. Why? Because all of the candidates must come through the synod office. We are prohibited from making direct contact with potential candidates. Thus, if there is someone you would like to recommend, please do not contact them. Instead, give the name to a member of the Call Committee. The Call Committee members are:

Ted Hartley

Nina McCune

Alice Kosnik

Ruth Newman

Grant Krafft

Lisa Rude

Joan Lee

Kurt Vining

They will communicate with you periodically about progress on this important work. Their goal is to keep you informed. If you have any questions, do not hesitate to contact a member of the committee.