

CONNECTIONS

Ascension Lutheran Church
February 2018



Feb. 14	Ash Wednesday - Worship at 6:00
Feb. 22	Lenten Dinner 5:30 / Vespers 6:30
Feb. 25	Planned Giving Meeting

Communion Worship every Sunday-9:30 AM.
Education—10:45
www.ascensionlutheran.com

Hearing Devices and Large Print Bulletins are available—ask an usher for assistance.

PRAYER CHAIN



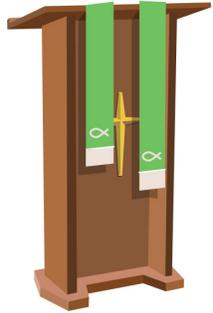
Ascension has an active prayer chain waiting to meet your needs. If you or a loved one has a need or is in crisis and in need of support and prayer please call Jeanette Eliason at 779-2912 or bandjeliason@hotmail.com or the church office. Our prayer chain is generally an email chain, but some phone calls can be made. ~Jeanette



Prayer Shawl Ministry

If you have made a prayer shawl, you may leave it in the church office with a note "FOR PARISH CARE," or give it to Mary Ellen Campbell.

Each prayer shawl will be blessed at the altar before it is given away. A helpful website is: www.shawlministry.com and there are more patterns in "The Prayer Shawl Companion" a book available in the church office.



New Furniture *Pastor Doug Vold*

At long last our new chancel furniture is ready. It will join us in worship for the first time on February 4, at which time we will have prayers of dedication, and conversation with Don DeDobbeleer, the craftsman who made the new pieces. They are beautiful and made with an incredible attention to detail. They will be a wonderful enhancement to our worship life.

This project has gone on for so long that it might almost seem to be “under the radar.” Our task force has taken its time, proceeding with great care for the good of the congregation, and has intentionally not rushed something this important. Therefore, we may not realize that we are on the brink of one of the most significant events that can happen in the life of a congregation.

This is an opportunity that doesn’t come along very often, although most churches already have some sort of “matched set.” This is our occasion to coordinate our worship furniture. But not by ordering some from a catalogue. This furniture has been handmade, designed for and with us, by a fine and caring craftsman. It will be wondrous and exciting. And it will impact the character of our worship life for years to come. The people of Ascension will gather around this beautiful furniture long past the time when most of us are still around.

What shall we expect? There are six pieces: an altar that will be smaller and more open; a pulpit/lectern from which we will read Scripture and preach, (It will sit up on the chancel floor, for greater visibility.); a baptismal font that will incorporate elements from the original font, placed in use by Ascension 60 years ago; a small table for holding our communion vessels until we bring them to the altar; a complementary flower stand to hold (you guessed it) flowers; and a cross that will be affixed to the wall behind the choir, and centered.

Our worship space will look and feel a little bit different. How, exactly? We will have to wait to discover. It will be more open,

because of the altar design and because of moving the cross to the wall. It will be easier for people to see the preacher (we're just going to say that's a good thing!). It will be easier for the choir to see the children's sermon, and the choir's sound will have fewer impediments. The communion vessels will come to the altar when it is time for The Great Thanksgiving part of the Sunday liturgy. All of us who lead and serve will have a period of adjustment. Well, so will all of God's people.

For all this we give thanks. We give thanks for our unique worship space, shaped like a cross, with people looking at other people all during worship. We give thanks for the patient and careful work of our chancel furniture task force. We give thanks for the artistry and skill of our craftsman, Don DeDobbeleer. We give thanks for a living and dynamic congregation, gathering for worship Sunday after Sunday. And we give thanks for furniture, made by human hands, placed in service to Christ, serving the people of God, sharing Gospel through word and sacraments, bringing depth and beauty to our worship.

Join us for this special dedication Sunday, February 4. Meet Don DeDobbeleer and his family and guests. Enjoy this unique time to examine and ponder the furniture that aids our worship. Add your voice to our expressions of thanksgiving. Financial support for this project is welcome, if you are so moved. Such support will help preserve other funds. Memorials, personal contributions, and capital Improvement funds are supporting this project. Another reason to give thanks.



Our 2018 flower chart is available outside the office door. There are lots of dates available! If you have an anniversary, birthday, other special day or you just want to bring flowers - you can select your date.



Baby Class

February 11 at 10:45am

Come join Sarah and Linda in the nursery! This is a special time for parents and their little ones to experience faith forming activities and to get to know one another.

Baby Class is a special once a month class for parents with babies, new-born through two years of age. The class will meet the second Sunday



2 to PreK Class

February 11th at 10:45am in the Sunday School wing.

This is a time to sing, pray and create together. The children will learn about the story of **“The Good Samaritan”!**

Parents are welcome but not required!



February 4 - Family Sunday- “The Good Samaritan”

All are welcome to join us in Blaar Hall for an introduction to our new story. Parents, come with your kids. Middlers, find a table... to dig deep!



February 11 - Workshop

February 18 - Workshop

February 25 - Workshop

Youth Game Night!

Saturday, February 24th from 6:00 - 8:00 PM

The high school and middle school youth are invited for an evening of pizza and games!



Please RSVP by contacting Susan or Stephanie!



February 4 - Middle Schoolers are invited to join Family Sunday in Blaar Hall at 11am!

February 11 - Bible Study with Pastor Doug

February 18- Homebound Communion

February 25- Service and Mission



February 4 - Starbucks and "Pub Talk"

Bring \$ and walk over

February 11 - Cooking

February 18 - Homebound Communion

February 25 - Blessing Bags and Fleece Blankets



PARAMENTS

The new Chancel furniture is coming and will be dedicated during the February 4th Service. Because the new altar is a different size and shape, the paraments we have used all these years, will not fit.

This gives us the opportunity to design and make new ones. A group of members did that with the Advent paraments, with pleasing results.

If you are artistic, are familiar with fabric in its many options, do needlework, quilt, applique, weave, sew, have great design ideas, do any of these, you are the very person we need!

This venture will take time, we will work through the seasons of the church year. Our first goal is the paraments for Easter (which is April 1st), and the color is white.

If you have any questions, want to volunteer, have pictures or ideas, please contact Jeanette Eliason, 541-779-2912 or at bandjeliason@hotmail.com. We can get together and “brainstorm” the great ideas you bring.

The Chancel Furniture Committee



Lenten Worship Services

Lenten worship services will be held on Thursdays starting February 22. Soup (5:30) will be served prior to the services (6:30). The soup supper will be a pot luck supper with church members bringing either soup, bread, cheese and fruit or a light dessert. The service will be the Holden Evening Prayer. Our theme for discussion and devotion will be “Evening Songs.”

The Blessing Bags need your help!



With the weather getting colder we are in need of a few items to help keep those who receive the bags warm this winter. We are asking for donations of warm hats, gloves and white socks. There is a basket in the fireside room for donations.



ALCW NEWS

ALCW Board Meeting, January 4, 2018, 9:30 a.m.

Sarah Circle, January 9, 2018, 9:30 a.m.

Martha Circle, January 10, 2018, 12:30 p.m.

ALCW Board members welcome **Susan Yarne** as our new secretary!

Looking backward ...

The second annual **Holiday Bake Sale** is over, and was even more successful than last year's! Our heartfelt THANKS to **Diane Barnes** for organizing and directing the several months of work to bring things to such a beneficial conclusion. Thanks, also, to all the women who stepped up and volunteered their services in Ascension's kitchens and spent many more hours in their own kitchens, making more goodies for the sale. Approximately \$3400 were realized to help ALCW fulfill its goals for the charities and scholarships they support each year.

You will be pleased to know that, although the sale hours were from 1 p.m. to 5 p.m., we had sold out most of the assembled goodies in approximately 1-1/2 hours, and the Lefse was gone in the first 20 minutes! (Hint for next year: be there early with your wish list, or even better, get your name on the advance order list!)

The **Advent Luncheon** was also enjoyed by those who gathered to share the meal prepared by ALCW members. Our mission was the **Teen Parent Program** which was very grateful to receive the donated items for their clients. This is an extremely worthy charity that receives little attention from the community at large and deserves our help.



Help Wanted! Keep the Coffee Flowing

Do you drink coffee and eat the cookies during coffee hour? If you answered yes you know what this time means to you and if they were not there each week after service you would miss it. SO—Keep the Coffee Flowing! You are invited to become part of the volunteers who make the coffee and put out the cookies each week. This is not a difficult job, training is available—and help is there to walk you through the process. Contact one of the following to volunteer: The office at 541-773-3594; or Diane Barnes at 541-324-0404 or dkbarnes@jeffnet.org. Help keep the coffee flowing!



“Radiant Beams of Light” by Gene Obie



MISSION ENDOWMENT FUND

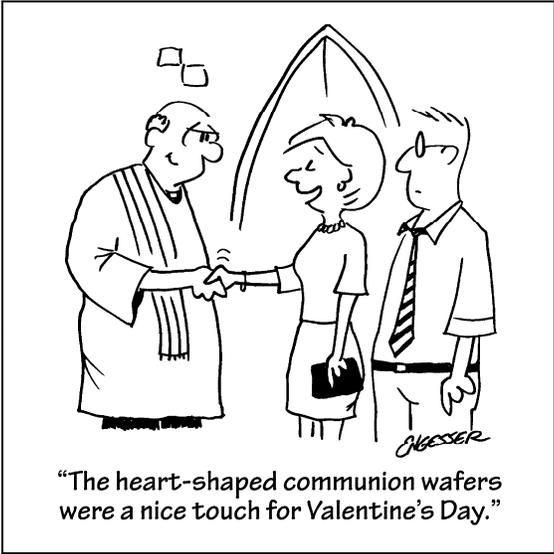
On All Saints Sunday we celebrated the establishment of The Ascension Lutheran Church Mission Endowment Fund. It was a great way to enhance our recognition and remembrance of those faithful who have died as well as those faith-filled who still walk this earth. We give thanks for the ways God has blessed us through others. With Pure hearts we see God through those around us. More information about the Endowment Fund will be in the Annual Report.

On February 25 after worship, Beth Adams with the ELCA Foundation, will give us a Financial Planning Presentation. Beth is available to us to help on Gift Planning, Estate Planning, and managing gifts. She played an integral role in assisting us developing and establishing our Mission Endowment Fund and guiding us through the process. Take the opportunity and time on this day to meet Beth.

Arts & Spirituality:

The art wall color palette during the Lenten season is muted and the visual elements few in number. These combine to encourage one to contemplate the Lenten journey of discipleship, growth and mystery that lead us to Christ's sacrifice on the cross. As in nature where the land prepares itself during winter for new growth in the spring, we too ready ourselves for the good news of Easter.

FYI: At this time, we no longer have anyone specifically responsible for the maintenance and care of Ascensions tablecloths that are stored in the kitchen. For the time being, please be aware that if a group would like to use them for a gathering that someone within the group should be allocated for the cleaning and caring of these items and returned within the week of initial use. Thank you for your help and understanding.



 *In Memoriam* - Mary Foss was called home this past month.



We are still looking for donations during these cold winter months for Blankets, Coats, Hats and other things to keep warm for the less fortunate. There is a barrel in Blaar Hall to place donated items. They will be brought to 1st Presbyterian church for dispersal to those in need. Thank you for your generosity.

The logo for "CAMP COUNSELORS" features a stylized illustration of several human figures in various poses, rendered in shades of orange and red, set against a white background. Below the illustration, the words "CAMP" and "COUNSELORS" are written in a blue, sans-serif font.	<p>- Camp Lutherwood sent an email and is seeking help for Summer Christian Camp. They are in need of Camp Counselors from Ages 18 - 25. If you or someone you know is interested Ask Susan or Paul for details in the office.</p>
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2018 WOMEN'S RETREAT

There is a Women's Retreat on March 9th to the 11th at St. Rita's. The theme is "Armor Up". There will be more information and sign-up sheets soon. Ladies, mark your calendars!



Call Jeanette Eliason, [541-779-2912](tel:541-779-2912), for more details.

Healthy Heart

February is National Heart Month, which kind of fits with Valentines Day! I will stick to the heart theme and discuss heart attacks (Myocardial Infarction or MI).



A heart attack (MI) is usually caused by a decreased blood flow to the heart muscle. If the heart muscle doesn't get enough blood flow, it doesn't receive enough oxygen and causes heart muscle damage and leads to a heart attack. When a heart attack happens, the heart doesn't pump efficiently and can, but not necessarily, lead to irregular heart beats or congestive heart failure.

Conditions that can cause a Myocardial Infarction are:

- 1) Coronary artery disease where plaque from cholesterol builds up on your artery walls and restricts or blocks the flow of blood.
- 2) Blood clot - The plaque that develops can cause a rupture, causing a clot which then can block the blood vessel
- 3) Coronary Artery Spasm - This is rare but a spasm can cause the artery to decrease or prevent blood flow.

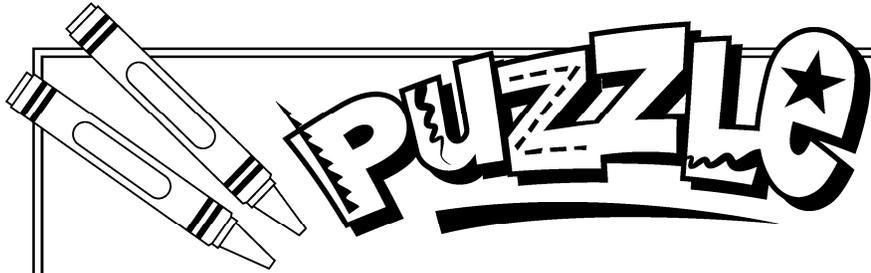
The most common sign of a heart attack is Angina. Angina is a chest pain which usually is on the left side of the chest. Sometimes it radiates up into the jaw or down the left arm. Chest pressure described as an Elephant sitting on your chest is another sign, as well as a rapid heart beat, shortness of breath, nausea, vomiting, sweating, heartburn-like pain or fatigue. Any, all or none (as in a silent MI) of the symptoms may be present causing a heart event.

If you have prolonged or severe signs of a MI, call 911. It's usually best to use the Emergency Medical System rather than trying to drive yourself or others to the hospital.

There are several things you can do to decrease your risk of a MI:

- 1) If you smoke, stop and also avoid second hand smoke. Smoking increases the risk of blood clots and damages the inside walls of your arteries, allowing cholesterol to collect on the artery walls.
- 2) If you have Diabetes, keep your blood levels within a safe range.
- 3) High blood pressure can accelerate plaque collection on artery walls, so keep your blood pressure within the normal range.
- 4) Keep your cholesterol level within the normal range, either by watching the diet or with medications.
- 5) Keep your weight in a healthy range.
- 6) Be physically active

Here's to a happy and healthy heart. If you have any questions, I'd be happy to find answers for you.



A NEW COMMANDMENT

In John 13:34, Jesus offers important instructions for his followers.

Directions: Figure out the pattern in each vertical line of letters. Then add the next letter in the sequence to the blank underneath, completing John 13:14, NIV.

ABCDEFGHIJKLMNOPQRSTUVWXYZABCD...

F L S Y F K Y X E I Q B V O O J F
 H M T A I L A Y H K R D Y P S M G
 J N U C L M C Z K M S F B Q W P H
 “ _____ ”

E X M B C L M B U V F R P L V F R
 F Y P C F M P C X W I S Q M W I S
 G Z S D I N S D A X L T R N X L T

A R J Q C C S B F K Y X H L Q B Y I
 E S M R F G T C I L A Y J M R D A L
 I T P S I K U D L M C Z L N S F C O
 _____ ”

JOHN 13:34, NIV

Answer: "Love one another. As I have loved you, so you must love one another." John 13:34, NIV

death ANGELS
LIFE depth
present HEIGHT
FUTURE demons

Paul declares that nothing “will be able to separate us from the love of God that is in Christ Jesus our Lord.”

Which of the following does Paul specify as unable to block God’s Love?

- A. Death; Life
- B. Angels; Demons
- C. Present; Future
- D. Height; Depth
- E. All of the above

Answer: “E” (See Romans 8:38-39)



St. Olaf Choir performs Saturday, February 3, at 3:00 pm at North Medford High School. The link below can be used to order tickets:

<https://wp.stolaf.edu/stolaf-choir>



heart sandwich

Show your love by making someone this heartfelt snack on Valentine’s Day.

What you need:

- 2 slices of bread
- 2 heart-shaped cookie cutters (one large, one small)
- Lunchmeat and cheese (or peanut butter and jelly)



What you do:

1. Cut a large heart out of each slice of bread.
2. Cut a small heart from the middle of one big heart.
3. With the small cookie cutter, make several heart shapes out of the meat and cheese. Place between the bread slices.
4. If you’re using peanut butter and jelly, spread both onto the large, solid heart. Then place the slice with the small heart cutout on top.

FEBRUARY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 9:30a—Worship 11a—Family Sun- day School	5 6:30p—Community Quilters 6:30—Grace Notes	6 8:30a Quilters 4p Youth Chorus 6p Confirmation	7 9:30a Bible Study 5:15p Worship meeting 6:30p Choir	8 9a Joyful Noise 6p Girl Scouts	9 6:30p AA	10 2p Girl Scouts
11 9:30a—Worship 10:45a—Sunday School	12 3p Administration 6:30p Community Quilters 6:30p Grace Notes	13 9:30p Sarah Circle 4p Finance Mtg 4p Youth Chorus 6p Confirmation 7p FFEC Mtg	14 9:30a Bible Study 12:30p March Circle 6:00p Worship Service 7p Choir	15 9a Joyful Noise 3p Community Life 6p Girl Scouts	16 1p Garden Club 3:30 GS; Cookies 6:30p AA	17
18 9:30a—Worship 10:45a—Sunday School	19 President's Day Office Closed 6:30p Community Quilters 6:30p Grace Notes	20 8:30 Quilters 10 Arts Committee 4p Youth Chorus 6p Confirmation 7p Council Mtg	21 9:30a Bible Study 6:30p Choir	22 9:30a Joyful Noise 11a JN; Hearnstone 5:30p Lent Supper 6p Girl Scouts 6:30p Lent Vespers	23 6:30p AA	24 2p Girl Scouts 6p Middle/High School Event
25 9:30a—Worship 10:45a—Sunday School 11a Planned Giving Mtg	26 6:30p Community Quilters 6:30p Grace Notes	27 8:30 Quilters 4p Youth Chorus 6p Confirmation	28 9:30a Bible Study 6:30p Choir			