

CONNECTIONS

Ascension Lutheran Church

September, 2018



Evangelical Lutheran Church in America

God's work. Our hands.

Sept 3rd	Labor Day - Office is Closed
Sept 6th	Joyful Noise Performance at Fountain Plaza: 11a
Sept 9th	God's Work Our Hands Project Day
Sept 9th	Tara William's Installation
Sept 16th	OrientTara - 11am (MORE INSIDE ON THIS)
Sept 22nd	First Day of Autumn

Communion Worship every Sunday-9:30 AM.

Education—10:45 (resumes September 23rd)

www.ascensionlutheran.com

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

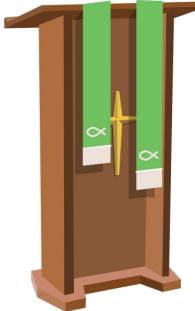
Community Life ~

“Do you have extra garden produce? Because of an insect infestation last summer, the Ascension Garden is fallow this year. If you have fresh produce you would like to donate to our neighbors at Glenridge Apartments, bring it in on Sundays. We will deliver it on Mondays. Thank you.”

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





Vitality Survey: Report #6

Pastor Doug Vold

I've been writing about our Vitality Survey results, covering different subject areas each month. We are now to the last section, in which the survey responses are organized into categories that are the "Building blocks of a vital sustainable congregation." The accompanying chart shows how the blocks stack up. "There are nine areas that impact a congregation's health and vitality, but they are not all equally important. Vital, sustainable congregations must be built up from the bottom along two tracks. (the missional track and the leadership track) The bottom blocks form the foundation of your congregation."

The results document provides a score for each of the four bottom blocks. The "God's presence" block represents the percentage of all respondents who gave the strongest ratings possible for God's active presence in the congregation. Research suggests that 20% or more makes spiritual renewal possible. Our score is 20.2%. Our "sense of mission" block summarizes responses about our congregation's sense of mission. Ideally the average mission score will be near 4.5. Ours is 4.5.

The "Relationships" block shows the percentage of respondents who describe a healthy social climate. Ideally this number will be over 80%. Ours comes in at 74%. The "leadership" block assesses the percentage who describe our leadership (Pastor, council, committee chairs and leaders, etc.) as inspiring. Ideally this number will be over 50%. Ours comes in at 30%.

As you can see, this "building blocks" section has some important things to say about where our congregation is vulnerable and in need of work. We need to work on the lower blocks! In particular, relationships and leadership are areas that deserve attention.

In many ways this confirms some hunches and observations we have already had. Leadership development has already been identified as a critical need. The report document says, of this, "Consider how to more intentionally engage people in pursuing

their spiritual passions. Our church council is beginning to look at ways to do this.

“Relationships” is also an area we’ve been working on. The “neighborhood project” was one piece of this puzzle. We are making a concerted effort to update and redo our pictorial directory. Another small piece. (Name tags and wearing them – another small help.) This fall we are hoping to take advantage of “get to know Tara” gatherings, to help people get to know one another better also, and further deepen our sense of community. Let’s think together about ways to strengthen the ties that bind.

Overall, I believe the building blocks concept is the biggest insight from the Vitality Survey. In so many ways we, of Ascension, are a vital and sustainable congregation. Discovering that we need work on the lower blocks is not such a bad thing. Congregations are always works in progress, not finished products. This will help us focus our energies and efforts and shape our programming in ways that will have lasting benefit to our church.

Thank you for taking the Vitality Survey, and for reading these reports. Keep our congregation in your prayers and consider one way you can do something more or different than you are now. Find someone you don’t know very well and ask them why they attend this church. Remember that God has a reason for this congregation to be here, for you to be part of it.





September 9 – Tara's Installation; God's Work, Our Hands

September 16 – 1st day of Sunday school; OrientTara

September 23 – Age 5-5th grade workshop in Sunday School wing

September 23 – Middle School Activity in their class room

September 23 – High School Homebound Communion

September 30 - Age 5-5th grade workshop in Sunday School wing

September 30 – Middle School with Tara in Sunday School wing

September 30 – High school Activity in their room

We Need Your Help!

Since Sunday School is different this year we are in need of some people willing to help with teaching classes! We will need help with age 5-5th grade, Middle School, and High School! If you are willing to help please talk to Tara at church or email at tara@ascensionlutheran.com





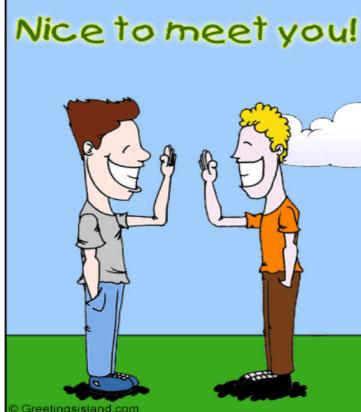
SUNDAY SCHOOL IS BACK!!

We welcome you to Sunday School here at Ascension! We will have a few adjustments with Sunday school from previous years! We hope you will come check out all of the fun! The First Day will be September 16th at 11:00am! This first day we will have all families together at our event, OrientTara!

OrientTara will be a special start to the new Sunday School year. It is an Orientation of sorts that will begin with a “Get to Know Tara” as well as a chance for you to share what you would like to see in the program. This is also going to be an opportunity for you to see how you could help! See you there.

Who I Am...

Hello, my name is Tara Williams. I am Ascension’s new Coordinator of Children, Youth and Family Ministry. I am originally from Michigan. I graduated May 2018 from Concordia University-Ann Arbor with my degree in Family Life Education and a minor in Youth Ministry. I am very excited to be a part of the Ascension family. I would love to thank you all for the opportunity to be in this position here at Ascension as well as all the support and everything you have given me so far! I pray for the best for all of you and I cannot wait to meet you! Don’t hesitate to introduce yourself!



ALCW NEWS



ALCW Board Meeting, Thursday

Sept 6th, 2018, 9:30 a.m.

Sarah Circle, Tuesday Sept 11th @ 9:30am

Martha Circle, Wednesday Sept 12th @ 11:30am

Coming Attractions:

(More Details on these items in Future Newsletters!)

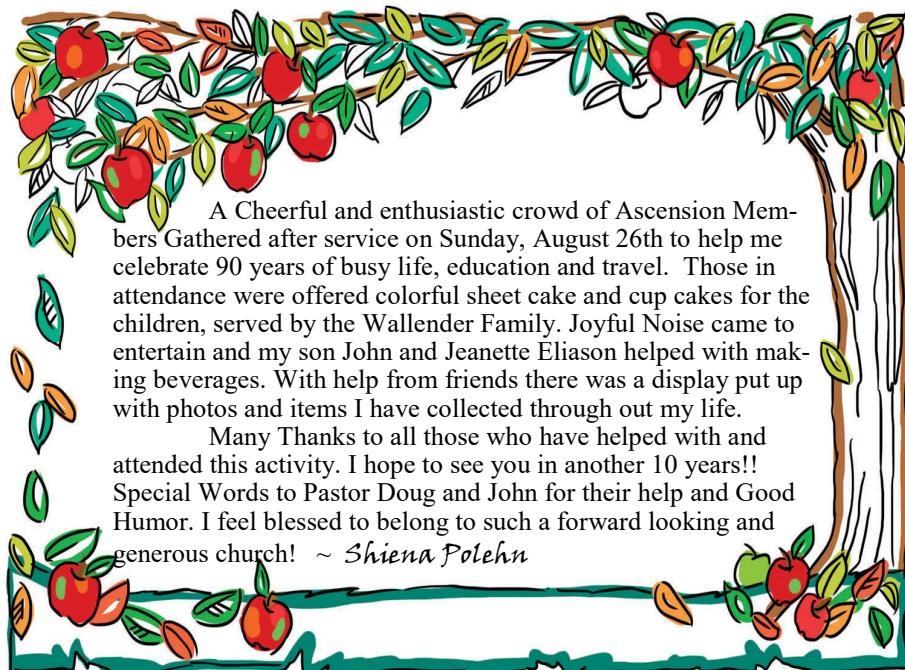
- Quilt Raffle
- Thankoffering Sunday
- Holiday Bake Sale (small article in on opposite page)
- Advent Luncheon at Centennial Golf Club

There are several items in the lost
and found box in the church
nursery. Please come and see if
any of it belongs to you. Thanks!

Sarah and Adriana



Shiena Polehn's 90th Birthday Party





BAKE SALE

Ascension Lutheran Church Women's Specialty Baked Goods Sale Volunteers Wanted!

This year the Bake Sale will be held on Dec 8th from 1-5pm. On sale will be traditional Scandinavian Baked Goods, European Christmas Favorites and Home Grown Goodies we love to share for the holidays. The sale is also open to the public—there are throngs in the Valley counting on Ascension bakers to supply their Lefse, Krumkake, Rosetts and other specialty baked goods for the Holidays. Everything that was baked last year sold—particularly the Lefse in record time!

We will begin making the Lefsa, Rosettes, Spritz cookies, Krumkake and Biscotti in the church kitchen beginning in October and running into December. Along with these Scandinavian goodies backed in the church kitchen we need members of the congregation to bake and donate their families' favorite traditional holiday treats, quick breads, yeast breads and candies that make their holiday celebrations special.

Watch for the sign-up sheets in the Fireside Room at Ascension to volunteer to help make: Lefse, Krumkake, Rosettes, Biscotti or Spritz cookies. Those who are unable to help bake can donate \$ to help defray the cost of supplies for these baked goods.

All proceeds from the baked goods sale go to the Ascension Lutheran Church Women to support the programs they support in the congregation, community and wider church body.

For more information and/or to share what baked specialties you plan to make contact Diane Barnes at dkbarnes@jeffnet.org or call 541-324-0404.



September

Sun
Mon
Tue
Wed

2 9:30a—Worship	3 <i>LABOR DAY</i> Office Closed 6:30 Comm Quilters 6:30p - Grace Notes	4 8:30a - Quilters	5 9:30a—Bible St 5:15p - Worship sic Meeting 6:30 - Choir
9 9:30 - Worship <i>Tara's Installation</i> GODS WORK, OUR HANDS <i>Project day!</i>	10 3p - Admin Mtg 630 - Comm Quilters 6:30p - Grace Notes	11 9:30a - Sarah Circle 4p - Finance Mtg	12 9:30a—Bible St 12:30p - Martha 6:30 - Choir
16 9:30 - Worship <i>11:00a OrientTara</i>	17 630 - Comm Quilters 6:30p - Grace Notes	18 8:30a - Quilters 9:30a - Arts and Spiritu- ality Mtg 7p - Council	19 9:30a—Bible St 6:30 - Choir
23 9:30 - Worship <i>11am - Sunday School</i>	24 630 - Comm Quilters 6:30p - Grace Notes	25 8:30a - Quilters	26 9:30a—Bible St 6:30 - Choir
30 9:30 - Worship <i>11a - Sunday School</i>	1 630 - Comm Quilters 6:30p - Grace Notes	2 8:30a - Quilters	3 9:30a—Bible St 6:30 - Choir 5:15p—Worship sic Mtg

Wed	Thu	Fri	Sat
<p>ole Study rship and Mu- r</p>	<p>6</p> <p>9:30a - Joyful Noise 9:30a - ALCW Mtg 11a - J/Noise @ Foun- tain Plaza</p>	<p>7</p> <p>6:30 - AA</p>	<p>8</p> <p>1st nothing</p> <p>_____</p> <p>8th - Girl Scouts 2pm</p>
<p>ole Study artha Circle r</p>	<p>13</p> <p>9:00a - Joyful Noise</p>	<p>14</p> <p>6:30p—AA</p>	<p>15</p>
<p>ole Study r</p>	<p>20</p> <p>9:00a - Joyful Noise 3:00p - Community Life Mtg</p>	<p>21</p> <p>6:30p - AA</p>	<p>22</p> <p>2p - Girl Scouts</p> <p>First Day of Autumn!</p>
<p>ole Study r</p>	<p>27</p> <p>9:00a - Joyful Noise</p>	<p>28</p> <p>6:30p - AA</p>	<p>29</p>
<p>ole Study r rship and Mu- r</p>	<p>4</p> <p>9:00a - Joyful Noise 9:30a - ALCW Mtg</p>	<p>5</p> <p>6:30p - AA</p>	<p>6</p> <p>2p - Girl Scouts</p>

Ascension's Finance Update

By Marsha Bones, Finance Chair



September bring hope that with school starting and the increase of activities at Ascension our income will also see an increase, like it does every fall. August giving appears to be better than the two previous months, but we are still lagging behind more than 10% of our 2018 Estimate of Giving. The Finance team is very grateful to those who have been consistent in their giving and those who stepped up their giving to get us through the summer months.

With the lag in giving this summer, our budget coverage is no longer in line with of our budget expenses. Thus, our 2018 Budget coverage is also lagging behind where it needs to be to stay ahead of Ascension's expenses. So currently, our budgeted expenses are about 10% greater than the budget coverage. Therefore, in August we needed to make a second transfer from our Contingency Fund to our General Fund, in order to cover our expenses.

As September emerges, our checking account balance is better than it was at the beginning of August. We are hopeful our income will increase, so we won't need to make another transfer from the Contingency Fund. Our account balance will be monitored weekly, with the hope as fall arrives, there is will be an upturn in our giving and the optimism that again our 2018 giving will match or exceed our 2018 Estimate of Giving established last October. We move into fall praising the Lord for what he has given us, and delight in doing God's Work, (with) Our Hands.

A Word from the Choir Director

Greetings, congregation, choir, and future choir members (you know who you are).

It is with tremendous joy that I announce the beginning of my 3rd season as the captain of this vessel and I would like to express my devotion and limitless gratitude to my support team, our office staff, and each and every one of you for being an integral part of this worship.

None of this would be possible without the efforts of everyone involved and I am completely humbled and utterly honored to be a part of it.

(continued...)

I am very excited to see our choir growing in numbers each year and I truly hope that those of you who have expressed interest in the past go ahead and take the plunge. We would love to have you!

Thank you all, again, for your support and words of kindness.

Here's to another great year!

Sincerely,

Jeffrey A. Myers

GOD'S WORK, OUR HANDS

SERVICE PROJECTS GALORE!!

On September 9th, Ascension will be engaging in a wide variety of service projects!

This is a great way to give back to the community. Do God's work, with your hands and show God's love.

There will be sign ups in under the monitor for all sorts of activities. These are some of the options available:

Sandwich Making	Sanctuary Care
Work at the Holmes Hospice	
House (Church) deep clean	Family Nurturing Center
Bear Creek Work	

SEE YOU THERE!



Be part of a Team! Join The Grace Notes Handbell Choir

Come join the team and make a Joyful Noise unto the Lord! Handbell ringing is a team effort; each ringer has responsibility for their two bells but work together as one body (instrument) to produce a beautiful final result; every ringer is important and needed. Rehearsals are resuming—this is a perfect time to learn to ring and be part of Grace Notes. Rehearsals are Mondays from 6:30-8:00pm. NO EXPERIENCE REQUIRED—anyone can learn to ring—and everyone is an important member of the team. Our next rehearsal is ***Monday, September 10th at 6:30pm***. Contact Diane Barnes at dkbarns@jeffnet.org or 541-324-0404 with your questions OR to let her know you will be joining the handbell choir.



PUZZLE

IT'S A MIRACLE!

Jesus performed many amazing miracles during his earthly ministry.

Directions: Match the words and pictures of different healings, from one column to the other. Then fit the word pairs in the blanks below to complete Matthew 11:5, NIV.



blind



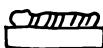
leprosy



lame



deaf



dead



hear



walk



raised



sight



cleansed

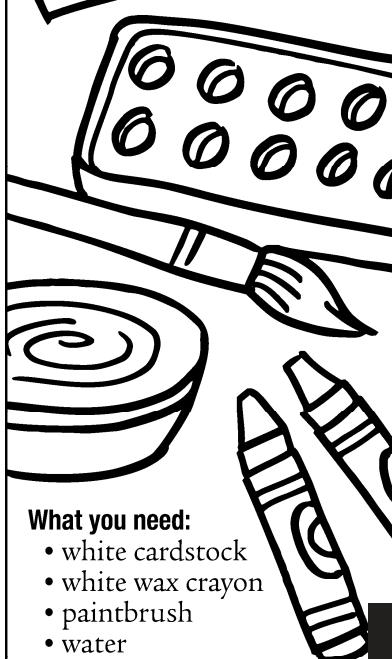
The _____ receive _____, the _____, those
who have _____ are _____, the _____
_____, the _____ are _____....

MATTHEW 11:5, NIV

Answer: The blind receive sight, the lame walk, those who have leprosy
are cleansed, the deaf hear, the dead are raised ... Matthew 11:5, NIV

Miracles happen!

Create this colorful reminder of God's wondrous works.



What you need:

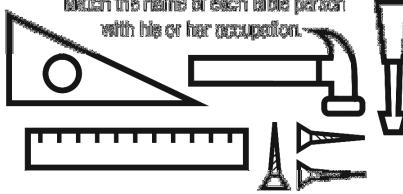
- white cardstock
- white wax crayon
- paintbrush
- water
- watercolor paints

What you do:

1. Across the paper horizontally, write with the white crayon "Miracles happen!" (or a Bible verse such as Job 5:9; Psalm 77:14; Jeremiah 32:27; or Matthew 19:26).
2. Wet the paintbrush and paint over the words with different colors.
3. Let dry and then hang up.

Puzzle!

Match the name of each Bible person with his or her occupation.



- | | |
|--------------|------------------|
| 1. Nehemiah | A. soldier |
| 2. Luke | B. carpenter |
| 3. Demetrius | C. cupbearer |
| 4. Matthew | D. clotheseller |
| 5. Lydia | E. fisherman |
| 6. Joseph | F. shepherd |
| 7. Paul | G. tax collector |
| 8. Cornelius | H. talker |
| 9. Tabitha | I. tanner |
| 10. Amos | J. priest |
| 11. Eli | K. tentmaker |
| 12. Peter | L. physician |

Answers: 1. C 2. A 3. I 4. G 5. D 6. F 7. H 8. K 9. B 10. E 11. J 12. L



Bible Quiz

Who was Moses' father-in-law, and what was his occupation?

- A. Joshua; shepherd
- B. Miriam; tentmaker
- C. Aaron; farmer
- D. Jethro; priest



Answer: D (See Exodus 3:1.)

Seasonal Allergies

Seasonal allergies, or better known as hay fever, can happen all year round, but are most troubling in the Spring, Summer and Fall because of blooming flowers and trees, pollens, grasses and trees.. The usual symptoms are sneezing, runny nose and nasal congestion. It can make you miserable.



According to information from the Mayo Clinic, exposure can be reduced if you:

- 1) Stay indoors on dry windy days. The best times to go outside is after a good rain.
- 2) Delegate lawn mowing, weed pulling and other gardening duties that stir up allergens.
- 3) Remove clothing worn outside and shower to rinse pollen from the skin and hair.
- 4) Don't hang laundry outside.
- 5) Wear a pollen mask if you do outside chores.
- 6) Monitor radio, television or Internet for when pollen counts are high.
- 7) If a high count is forecast, start taking an allergy medication before symptoms start.
- 8) Keep windows and doors closed when the count is high.
- 9) Counts are highest in early morning, so hold off doing activities until after 10 AM.

Although there is no product that can eliminate pollens in your home, you could try using air conditioning. Use high efficiency air filters in your furnace and air conditioners to lower pollen counts. Another strategy is to keep the indoor air dry with a dehumidifier. Use a portable high efficiency particulate air (HEPA) filter in your bedroom. Finally, use a vacuum cleaner with a HEPA filter when you clean the floors.

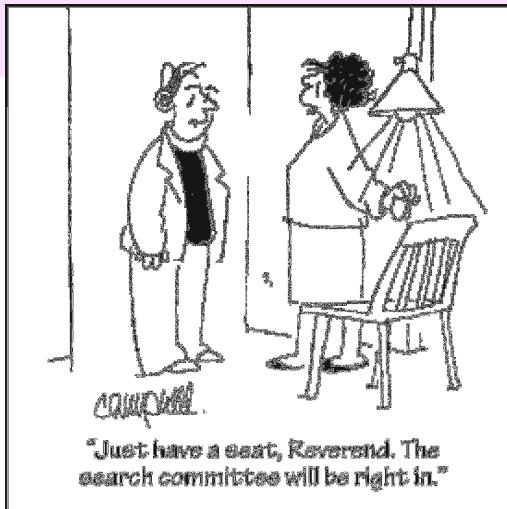
There are several things you can do to try to remedy the symptoms. One is to use nasal rinses with either a neti-pot or a

squeeze bottle. It flushed the allergens out of your nasal cavities. You can also try natural remedies such as acupuncture or essential oils. There are many over-the-counter antihistamines available which may lessen symptoms. But check with your health care provider to make sure they don't interact with other medications you may be taking.

Here's to having a happy and fun time during the current and upcoming seasons!

If you have any questions, feel free to ask me.

Judy Dahl RN



Things to Watch for In the Near Future

Picture Day to Update the Photo Directory, Also an opportunity for affordable family portraits. Projected for September 23rd and October 7th. We are also looking at Saturday 29th. Consideration for more days is possible. Sign ups and more news will be coming soon!

The next Committee Chairs Meeting will be
Tuesday October 30th at 6:30p.

Keep an eye out for more details as plans are finalized.

Ascension Lutheran Church
675 Black Oak Dr.
Medford, OR 97504-8314
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www.ascensionlutheran.com

**Communion Services every
Sunday at 9:30 AM**

Our Mission

We, the members of Ascension Lutheran Church, gratefully rooted in the Good News of God's Grace, proclaim our partnership with the whole church of God and give ourselves to worship, witness and service.

Our Vision

We are a community of believers, empowered by the Holy Spirit to support and serve one another.

We believe that we are called to proclaim the good news of God in Christ through our words and especially through our deeds toward all who live in the greater Rogue Valley of Southern Oregon.

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