

CONNECTIONS

Ascension Lutheran Church
November, 2018



Evangelical Lutheran Church in America

God's work. Our hands.

Nov 1st	Joyful Noise at The Springs by Anna Maria
Nov 4th	Fair Trade Faire / Time Change - (fall back - 1 hr)
Nov 10th	Ron Gum Memorial at 11a
Nov 11th	Thank-Offering Sunday
Nov 11th/18th	Family Book Sale
Nov 12th	Veteran's Day—Office Closed
Nov 22nd/23rd	Thanksgiving—Office Closed
Nov 29th	Joyful Noise at Pioneer Village (Jacksonville)

Communion Worship every Sunday-9:30 AM.

Education—10:45

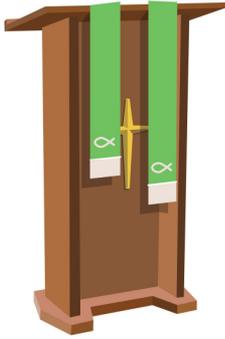
www.ascensionlutheran.com

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





Flavors

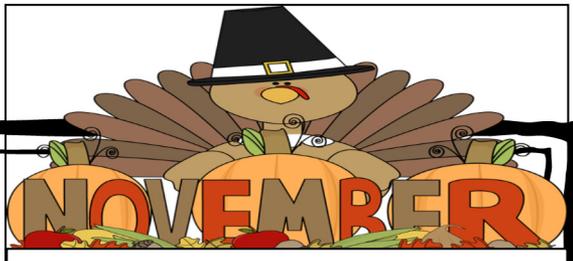
Pastor Doug Vold

One day in the produce section of a local grocery store the guy setting out peaches thought I looked familiar. So we talked for a bit and he learned that I am a pastor. The next time he saw me – he was setting out pears this time – he asked me more about my work and about the size of our congregation and so forth. I told him that we usually have 180 to 200 in worship on Sunday, to which he had an interesting response. He said, “Ooooh, that’s a lot of flavors of ice cream.”

It certainly is. Initially his comment stuck me as being about the complexity of our situation. When we gather we are a lot of different opinions and inclinations. We are all over the political/ideological spectrum. We come with a wide variety of histories and assumptions. We are so many personalities rubbing elbows. And, given how many of us there are, and how many elbows, that’s a lot of flavors of ice cream.

It is complex because we’re trying to work together, be community together, and worship as one people of God. And as seems truer these days than ever, our differences easily become challenges. It is not hard for us to be more aware of what we disagree about than we are aware of what binds us together. It is the spirit’s work among us to keep Jesus before our eyes and to help us see Christ in one another. Plus, our common mission helps glue us together and helps us keep our differences in perspective.

And there is more. Thinking from the point of view of God at work among us, the idea of so many flavors takes on additional meaning. If we were spices in the cupboard how would God blend us into what it is God is cooking up here? Certainly it would not be the spices themselves who make these decisions. How the chef



Age 5-5th grade:

November 4 – Family Sunday School

November 11 – Workshop

November 18 – Workshop

November 25 – Workshop

Middle School:

November 4 – Service Communication

November 11 – Homebound Communion

November 18 – Bible Study with Pastor Doug

November 25 – Activities/game/lesson with Tara

High School:

November 4 – Helping with Sunday School

November 11 – Starbucks and Bible Study with Tara

November 18 – Blessing Bags

November 25 – Homebound

Communion

Baby Class:

November 11



2-5 year old Class: **November 11**

We Need Your Help!

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



Are you in need of a new or replacement name tag?
Let Paul know so that he can make one! Contact
him at the Church phone number 541-773-3594 or
email secretary@ascensionlutheran.com



A Volunteer Opportunity

Age-Friendly Innovators Inc., a 501(c)(3) nonprofit organization, (www.age-friendlyinnovators.org) is transitioning to become an affiliate of the national organization Rebuilding Together www.rebuildingtogether.org (as Rebuilding Together Rogue Valley)

Vision: An accessible, safe and healthy home

Mission: Provide fall prevention information and installation of accessibility aids to improve home safety and independence for low income seniors and persons with disabilities.

Framework:

Assistance needed with in-home fall-risk and home safety assessments and the oversight of durable medical equipment installation by licensed, bonded handymen

2-5 hours/week (flexible schedule)

Work in teams of two, in alliance with a Certified Aging-in-Place specialist (CAPS)

Visit (in their homes) and assist low-income older adults in Jackson and Josephine counties with:

1) Improved accessibility into and out of an older adult's home (provision of grab handles and rails, re-built steps etc.) in cooperation with Habitat for Humanity and licensed, bonded handymen.

Note: ramp provision done in select instances

2) Enhanced bathroom safety (installation of grab bars, shower chairs, toilet risers etc.)

3) Removal of trip hazards (clear pathways to the home, securing rugs, providing improved lighting etc.)

4) Providing smoke/CO alarms, replacing furnace filters and other home safety activities

**Contact: Sharon Johnson, Executive Director, 541-646-8113
for more information**

ALCW NEWS



ALCW Board Meeting, Thursday

Nov 1st, 2018, 9:30 a.m.

Sarah Circle, Tuesday Nov 13th @ 9:30am

Martha Circle, Wednesday Nov 14th @ 11:30am

Coming Attractions:

ThankOffering Sunday will be November 11th.

Quilt Raffle drawing will take place on ThankOffering Sunday. Raffle tickets will be sold after church service Oct 28, Nov 4th and 11th; the quilt will be displayed as well.

Advent Luncheon at Centennial Golf Club on November 30 at 11:30 a.m. Please note that the date is not on a Saturday, as it always has been before. This is a Friday, because Centennial is booked up by so many other groups ahead of time. And our charity will again be the Teen Parents Program which does not benefit from the regular patronage of any other charitable group besides the ALCW Women of our church. *Please bring your donated items when you come to the luncheon, not to the church.*

The Holiday Bake Sale will be December 8, from 1 p.m. to 5 p.m.

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!



November Baking

Krumkake and Spritz Cookies

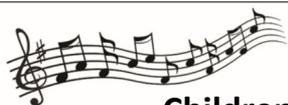
Join the fun and fellowship as we make these Scandinavian holiday treats for sale at the ALCW Dec 8th Bake Sale. Sign-up on the sheet under the monitor; baking will take place starting from 9-noon on the following dates.

**Krumkake Nov 13,15,16 and Spritz Cookies Nov
27,29,30.**



Buy a Bell Fundraiser

Help Ascension's Bell Program complete our set of Bells with the Upper 5th octave (G#7, A7, A#7, B7, C8) with a donation of any amount you will help us progress to our goal of: **\$1320** Pick a Bell off the Tree—turn it in at the office or in the offering with your donation.



Children's /Youth Handbell Choir Rehearsals Begin

Will be part of the December 16th Sunday School Christmas Pageant. Rehearsals will be on November 11th, 18th, December 2nd and 9th following Sunday School (about 11:45am) for about 5 to 20 minutes. The kids will be learning a simple arrangement of a favorite Christmas Carol. For more information and/or to join the handbell choir contact Diane Barnes at 541-324-0404 or dkbarnes@jeffnet.org.

The Grace Notes, handbell choir is recruiting!

High School Youth and Adults are invited to join The Grace Notes handbell choir. We have a few openings and would love to welcome new or seasoned ringers. For more information and/or to join the handbell choir contact Diane Barnes at 541-324-0404 or dkbarnes@jeffnet.org.

Southern Oregon Concert Band Presents In Remembrance

November 11th—3pm; Steadman Auditorium—Central Medford HS.

This year marks the 100th anniversary of the end of World War 1—Armistice Day, the 11th hour of the 11th Day of the 11th month. The band will present a concert In Remembrance of the 100th Anniversary of the end of the First World War through music and Word. Included on the program are: John Williams' *Hymn for the Fallen* from Saving Private Ryan and John Barnes Chancee's *Elegy* in remembrance of all who gave their all for freedom. For those who favor marches the band will play *American Patrol* a medley of some favorite Americana songs arranged as if a marching band was passing by on parade and John Williams' *Midway March* from the Movie *Battle of Midway*. *Over There Fantasie* arranged for band by Erik Leidzen includes songs of World War I—including Over There all by George M. Cohan. As always SOCB will honor our Veterans with the playing of *The Armed Forces Salute*. Included on the program will be a reading of the poem In Flanders Fields. Admission: Donations Gratefully Accepted—more info 541-324-0404

Ascension's Finance Update

By Marsha Bones, Finance Chair



As we head into November and the Thanksgiving season, Ascension has much to be thankful for. Both our September and October giving has improve immensely and as of mid-October we have surpassed our 2018 Estimate of Giving and now have 100% coverage of our 2018 Budget.

As the Finance Committee begins working on the 2019 Proposed Budget. The members of Ascension have blessed us with a 2019 Estimate of Giving of \$362,493 from our Consecration Sunday's Celebration. This number is the cornerstone of our budget and the Finance Committee is grateful for your generosity and commitment to the ministry and mission at Ascension.

Thus, again for another year Ascension's Finances has been truly blessed. So, with Thanksgiving blessing to everyone, I am so grateful to the members of Ascension for your kindness and support of our mission in serving our gracious Lord.

Grave Plots for Sale

Ascension has received a generous gift from a couple who were past members. They have given us a double lawn crypt with Hillcrest Memorial Gardens. Council has approved the sale of the crypts for \$6,500. If interested please contact Eddie Adamson at

541-773-2792 or

email eddie.adamson@carestream.com

Crypt information:

- Value: Today's price \$7,746
- Lawn Crypt (2 caskets) - Stacked (No Caskets in plain)
- Total occupancy of Lawn Crypt is as follows: 2 bodies, 1 body and 3 cremations, or 4 cremations
- New owner is responsible for own caskets and headstone

If a deed is wanted (optional), additional \$500

EMPTY NESTER'S Present ~

Potluck Christmas Dinner & Gift Exchange

Held on Thursday December 6th at

Sun Oaks Clubhouse

Social time begins at 5:30

with meal and gifts to follow.

Tickets are \$5.00 each. RSVP via the Sign-up sheet under the Monitor. Ham provided, bring a side dish or dessert. One gift per attendee, limit \$10 per gift. (used okay in good condition).

Mission Endowment Fund Update

October 2018

Nearly a year ago, on All Saints Sunday we celebrated the establishment of the ***Ascension Lutheran Church Mission Endowment Fund***.

Earlier this year Committees and Council approved our procedure for board member elections, investments and disbursements.

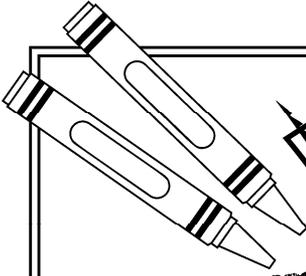
More recently our Gift Acceptance policy has been created and approved.

Contributions and interest earnings of \$14,984.85 are held in a bank type account with Mission Investment Fund, a non-profit that offers investments.

Looking ahead we hope to learn more about investment options, and have an application form to request support from fund disbursements, created and approved.

We may need to wait until there is minimum of \$25,000.00 to move the funds to an investment account and then soon after that celebrate as earnings are disbursed to support the mission and ministries of our church.

We continue to celebrate this amazing gift that provides a lasting benefit to our communities.

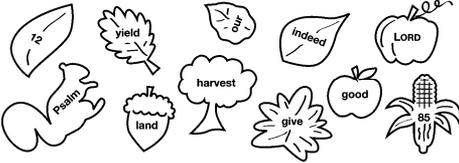


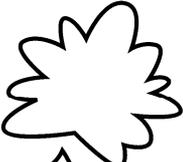
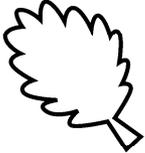
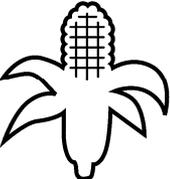
PUZZLE

HARVEST OF GOODNESS

God always provides, no matter the season.

Directions: Match the shapes in order to write the words in the correct places below.

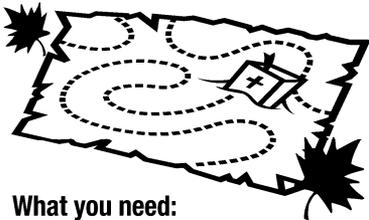


“The  will  
 what is , and 
 will  its .”
  : , NIV

Answer: “The LORD will indeed give what is good, and our land will yield its harvest.” Psalm 85:12, NIV

FALL SCAVENGER Hunt

Enjoy searching for seasonal aspects of God's creation!



What you need:

- Family members and friends, divided into groups if desired
- Maps of local areas
- Lists of fall-related items (one per person or group)
- Digital cameras or smartphones
- Prizes



What you do:

1. Hand out maps and lists of items (scarecrow, pumpkin, red leaf, squirrel, apple tree, pine cone, acorn, bug, bird, sunflower, etc.)
2. Instruct participants to walk through their assigned area, find and take photos of the items, and report back at a specific time.
3. When everyone returns, share your photos. Award prizes for the most items found, the most unusual item and so on.

Puzzle!

Use the music code to find the words for this familiar song of thanks.

CODE:

A	≡	E	♩	I	♩•	O	♩	U	≡
B	♩	F	♩	L	>	P	♩	V	♩
C	♩	G	♩	M	♩	R	♩	W	#
D	♩	H	♩•	N	♩	S	♩	X	♩
						T	♩	Y	♩



Challenge: What do we commonly call this song?



The Lord's Prayer
 All creatures here below
 Turn then your faces to heaven
 Where God dwells
 And pray for us
 As we pray for you
 Our Father who art in heaven
 Hallowed be thy name
 Thy kingdom come
 Thy will be done
 On earth as it is in heaven
 Give us this day our daily bread
 And forgive us our debts
 As we forgive our debtors
 Lead us not into temptation
 But deliver us from the evil one
 Amen

Bible Quiz

After Cain killed Abel, their parents, Adam and Eve, had another son. What did they name the baby?

- Seth
- Enoch
- Shem
- Lamech



Answer: A (See Genesis 4:25.)

Diabetes

Diabetes Mellitus (Diabetes, DM) refers to a group of diseases that affect your body's use of blood sugar (glucose). Glucose is vital to your health because it is the source of energy for the cells that make up your muscle and tissue. It is also the main source of fuel for the brain.



To understand Diabetes you must understand how glucose is processed in your body (a little anatomy lesson!). Glucose is a sugar which comes from food and your liver. The sugar is absorbed into the blood stream where it enters your cells with a hormone called insulin, which is made in and secreted from your pancreas. Insulin lowers the amount of glucose in your blood and helps your cells absorb the sugar. Your liver makes and stores glucose. When your glucose level is low, such as when you haven't eaten for awhile, the liver breaks down stored glycogen (the liver's form of glucose) into glucose to keep your levels within the normal range. It is all a balancing act, which is an amazing function of our bodies.

There are several different types of Diabetes and they each have their own risk factors. The Type 1 Diabetes (includes juvenile diabetes) risk factors are a family history of Diabetes, environmental factors such as exposure to viral illnesses, the presence of damaged immune system cells (auto antibodies), dietary factors and geography (certain countries such as Sweden and Finland have higher rates of Diabetes). Risk factors for pre-diabetes and type 2 Diabetes are weight (the more fatty tissue you have the more resistant your cells are to insulin), inactivity, family history, race and age (risks increase with age), gestational diabetes, high blood pressure and abnormal cholesterol and triglyceride levels. Risk factors for gestational diabetes (women who develop Diabetes during pregnancy) are age, family of personal history, weight and race.

Symptoms of Diabetes are increased thirst, frequent urination, extreme hunger, unexplained weight loss, fatigue, irritability, blurred vision, slow healing sores and frequent infections such as in the gums or skin.

The complications of Diabetes progress slowly over time. If you have Diabetes, you are more likely to have heart dis-

ease or strokes, nerve damage in your legs and digestive system, kidney damage, eye damage, foot damage (sores on the feet), skin conditions like bacterial and fungal infections, hearing impairment and more prone to Alzheimer's.

Type 1 Diabetes can't be prevented, but some healthy life style choices can keep your blood sugars normal and therefore reduce the risk of complications. Diabetes type 2 and gestational Diabetes can not only be treated but prevented with healthy life style choices.. These choices include eating healthy foods low in fat and calories and foods high in fiber such as fruits, vegetables and whole grains. Being active physically is another prevention tactic, as well as losing a few of the excess pounds.

You can monitor your blood sugar at routine physicals and sometimes even at health fairs. There is a lot more about Diabetes I could write about, but for now will just tell you I'm always open to answer any questions you may have.

Judy Dahl RN

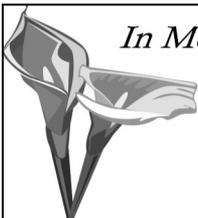
Arts and Spirituality =>

SEASON of Grace

Grace is defined as “God’s freely given and unmerited favor and love” “influence or spirit of God operating in humans” “prayer in which a blessing is asked and thanks given” “pleasing or attractive quality, beauty, form, manner, motion or action” “to add grace-to adorn” “to act with grace—willingly and ungrudging” “decency and propriety”.

Fall’s beauty and bounty is another example of God’s “freely given love and favor.” The art wall seeks to “add grace-to adorn” through the use of seasonal colors and textures. Included items remind us of ways that we participate in giving and receiving with grace. Thanks Be to God!

*Lovely entryway quilt is on loan from Nel Miller. Thank you Nel.



In Memoriam

*Francis Peterson
Ronald Gum*

Ascension Lutheran Church

675 Black Oak Dr.
Medford, OR 97504-8314
541-773-3594
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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Return Service Requested

NOVEMBER



Sun

Tue

Wed

Thu

Fri

Sat

28	9:30a - Worship 10:45am - Education Hour 10:30a - Fair Trade Faire	29	6p- Confirmation 630- Comm Quilters *Budget Requests Due to Finance Committee	30	8:30a - Quilters 3:45p - Discovery Chorus 6:30p - Committee Chairs meeting	31	9:30a—Bible Study 6:30 - Choir	1	9:30a - Joyful Noise 9:30a - ALCW Mtg 11a - J/N at Anna Maria 6:00p - Grace Notes	2	6:30 - AA	3	- Girl Scouts 2pm
4	9:30 - Worship 10:45am - Education Hour 10:30a - Fair Trade Faire	5	630 - Comm Quilters	6	8:30a - Quilters 3:45p - Discovery Chorus 6p—Confirmation	7	9:30a—Bible Study 5:15p - Worship and Music Meeting 6:30 - Choir	8	9:00a - Joyful Noise 6:00p - Grace Notes	9	6:30p—AA	10	11a- Ron Gum Memorial
11	9:30 - Worship 10:45am - Education Hour 10:45a - Family Book Sale THANKOFFERING!	12	630- Comm Quilters Veteran's Day - Office is Closed	13	9:30a - Sarah Circle 9:30a - Arts and Spirituality Mtg 3:45p - Discovery Chorus 5:00p - Finance Mtg 6p—Confirmation	14	9:30a—Bible Study 12:30p - Martha Circle 3p - Admin Mtg 6:30 - Choir	15	9:00a - Joyful Noise 3:00p - Community Life Mtg 6:00p - Grace Notes	16	12:30p—Medford Garden Club 6:30p - AA	17	2p—Girl Scouts
18	9:30 - Worship 10:45am - Education hour 10:45a - Family Book Sale	19	630- Comm Quilters	20	8:30a - Quilters 3:45p - Discovery Chorus 6p—Confirmation 7:00p - Council	21	9:30a—Bible Study	22	THANKS GIVING - OFFICE CLOSED	23	6:30p - AA OFFICE CLOSED	24	
25	9:30 - Worship 10:45am - Education Hour	26	630- Comm Quilters	27	8:30a - Quilters 6p—Confirmation 3:45p - Discovery Chorus	28	9:30a—Bible Study 6:30 - Choir	29	9:30a - Joyful Noise 11a - J/N at Pioneer Village (Jacksonville) 6:00p - Grace Notes	30	6:30p - AA	1	2p - Girl Scouts