

The *Ascent*

February 2008

Ascension Lutheran Church
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A Note from Pastor Norm

The season of **Lent** is 40 days (excluding Sundays) between Ash Wednesday and Easter. These 40 days correspond to Jesus' period of fasting and temptation in the wilderness, which also lasted 40 days (Matthew 4:1-11; Mark 1:12-13; Luke 4:1-13). These 40 days are set aside to help us reflect on the significance of Jesus' suffering for our sin and our salvation, and to prepare us for our celebration of resurrection on Easter.

During Lent, some adopt the spiritual discipline of "giving up" something in an effort to identify with Jesus' 40 days of fasting and self-denial. You are free to do the same. In our worship we will be giving up our "alleluias," until they ring out anew on Easter morning.

We will gather every Wednesday during Lent for reflection and worship. Our **ASH WEDNESDAY** worship (**February 6**) will take place in the sanctuary at 7:00 P.M. and will include the imposition of ashes, reminding us that we are dust and to dust we shall return (Genesis 3:19 and 18:27).

Our remaining Wednesday services will be held in Jordan Hall, beginning with a soup supper at 6:30, followed by a brief and informal time for reflection and worship. We will use the four "Servant Songs" in Isaiah as our focus on four of those Wednesdays. Isaiah sometimes identifies the servant as an individual (Isaiah 42:1; 52:13; 53:11)

and sometimes as the nation of Israel (Isaiah 41:8; 49:3). While our emphasis will be on Jesus as servant, there is much that we can learn about servanthood as well.

February 13: Faithful Servant (Isaiah 42:1-4)
February 20: Glorifying Servant (Isaiah 49:1-6)
February 27: Obedient Servant (Isaiah 50:4-9)
March 5: Suffering Servant (Isaiah 52:13-53:12)

CHRIST IN THE PASSOVER (March 12) will be a presentation of the Passover meal by a representative from Jews for Jesus and will be the springboard for our Holy Week observances. Stay tuned for more details about this special opportunity.

Please plan to join us during these 40 days as we anticipate the celebration of resurrection and new life on **Easter Sunday (March 23)**.

Peace & Blessings!

Pastor Norm

Pastoral Care: *If you are in need of pastoral care when dealing with health issues, life choices, or other personal challenges, please contact Pastor Norm.*

Church Council Minutes - January 13, 2008

The January 13th meeting was called to order with Chris Falkensten presiding. In attendance were Barbara James, Keith Khoo, Eileen Imwalle, DB Woods, Ed Dreyer and Pastor Dake.

Minutes were reviewed and approved.

Presidents Report:

- Chris thanked the council for the last year's help, support and effort.
- He has ordered the sign as drafted and it should be up by the congregational meeting.

Pastors Report:

- The Christmas Day Service was well received and attended and we will continue the service for next year.
- Worship and music has decided to have Collette play special music during communion in lieu of the hymn that is sung.
- Shirley Johnson passed away December 19. We will include a memorial for her at the 11:00 service on Sunday, January 27th.
- Mary is working on the congregational meeting reports.

Treasurers Report:

- The treasurer's report was reviewed and approved by council. It is available for review and is posted on the bulletin board outside the office.
- A motion was made and approved to make a full payment for benevolence to the synod.
- Standard operating procedures were discussed.

Stewardship:

A stewardship meeting was held December 18th. The budget information was finalized and passed on to Eileen to put in budget form. The council met January 6th to review amend and approve the budget.

Property:

- Airco made their first service visit. They repaired a burned-out circuit board on the second floor, and one in the kitchen was

repaired. They also cleaned and serviced the heat exchanger.

- Dave will be looking at the fence around the playground. More tree work will need to be done. We had a cleanup day on Saturday that several attended to help clean up the tree damage.

40th Anniversary:

We are looking for a new leader for this committee, if you are interested please let us know.

There is money set aside for new Paraments and Banners.

Old Business:

- Funds have been transferred to the Bank of America. A motion was made and approved that Eileen put the funds into CD's.
- Our congregational meeting will be held next Sunday at 9:45.
- Kelley Knopp has volunteered to be a new council member.
- Keith Khoo and Sandy Isakson are the delegates for President and Vice President.

New Business:

NAMI has requested the use of the facility 1 evening a week for 12 weeks. The request was approved.

Our next meeting will be February 10.

Respectfully,
Barbara James



Our new sign graces the front yard at Ascension.

ANNUAL CONGREGATIONAL MEETING - January 20, 2008

Chris Falkensten opened the annual congregational meeting by welcoming everyone who came.

Pastor Dake gave the devotion.

Chris thanked everyone who helped on the council for the previous year. He announced all congregants had signed in and we had a quorum.

He turned to the budget to review the expenses and income. The floor was opened for any questions. Questions were respectfully answered. He followed with review of designated funds and account balances.

A motion was made by Ron Peters to accept the budget and 2nd by Ellen Harris. The budget was unanimously accepted.

Executive Board for the following year as slated:

- Keith Khoo – President
- Sandy Isakson – Vice President
- Eileen Imwalle –Treasurer
- Barbara James – Secretary

Council members

- DB Woods
- Lynn Jacobson
- Ed Dreyer
- Roger Nielsen
- Kelly Knopp

Katherine Tooley made a motion to accept the slate as presented. Ed Dreyer 2nd the motion. The positions of the council members were unanimously accepted. Chris gave a gracious speech to address his stepping down and handed the position to Keith.

Keith asked the congregation to look for goals for 2008. He is easily reached through email.

February 10 is the next council meeting, and he asked that anyone interested in coming to please attend.

Eileen made a motion to close the meeting. Katherine Tooley 2nd the motion.

Pastor closed with a prayer.

Respectfully,
Barbara James



THRIVENT BUILDS WITH HABITAT FOR HUMANITY

The 4th Thrivent Builds with Habitat for Humanity home will start on Saturday, March 8, 2008. The home will be built in the "Ben Franklin area", just east of Hwy 75 and north of Apache, where our 1st and 3rd homes were built.

We do not know the name of the family, or the exact address yet for the 4th home. Habitat has poured 3 concrete building slabs and selected 3 families for this area, but the families have not selected the building site they each want yet.

We will start construction on Saturday, 3/08/2008 at 9:00am, and plan to have the walls ready to set up about 10:30am-11:00am. This day is recognized as "Walls Up Day", and even if you are not going to work that day, we hope all of you can attend the Walls Up ceremony. You will be able to meet the new home owner at this ceremony. We plan to finish construction of the new home in 18-19 work days, we will work on Saturday and Wednesday from 9:00am-3:00pm.

It takes about 250 volunteers to build a new home in 9 weeks. I hope each of you will volunteer to help when your congregational champion asks you to be a volunteer. You will enjoy working with volunteers from the other Lutheran congregations, have the satisfaction of knowing you are a part of building a decent home for a family in need. If you do not know who your congregational champion is, and want to help, give me a call at 252-1406.

May the Lord continue to bless this project.

Howard Seigfreid

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**ASCENT NEWS ITEMS;**

Please submit any news items by email to [norma-dreyer@utulsa.edu](mailto:norma-dreyer@utulsa.edu) or call me at my home phone, 583-3759 by the 21st of each month.  
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This and That

OFFERING ENVELOPES: If you have not yet picked up your 2008 offering envelopes, they are available on the table in the Narthex. Please take yours the next time you are in church.

REASOR'S COUPON BOOKS: The Women of Ascension are now selling Reasor's coupon books for \$5.00. The first coupon in the book is worth \$5.00, so you immediately get your money back. Please contact Sandy Isakson for more information and to purchase your coupon book.

BOOK OF FAITH: How We Read and Interpret Holy Scripture. Please join us on Sundays at 9:45 AM in the adult classroom. Taught by Pastor Norm.

WOMEN'S BIBLE STUDY: Tuesday, February 26, 10:00 a.m., Adult Classroom.

SIMPLY GIVING: If you are interested in the Simply Giving program, please contact Mary in the church office. Simply Giving is a service for people who wish to have their offerings transferred electronically to the church's account rather than having to write checks.

COMING EVENTS: February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Worship: 8:30 & 11:00 Sunday School: 9:45					1 <i>Ruth Rasbold</i> <i>Sean Faulkner</i>	2
3 Evangelism mtg, 12:15 p.m. <i>Pam Nielsen</i> <i>Jane Devault</i>	4	5 Election	6 Ash Wed. 7:00	7 Worship & Music 6:30	8 6F 6-9 pm <i>Ashley Engelke</i>	9 <i>Jason James</i>
10 Council mtg. 12:15 <i>Christine Coleman</i>	11	12	13 Lifeline screen: 9-5 Lenten supper /service, 6:30 <i>Sandra Born</i>	14	15	16 Workday 8-12 <i>Carroll Werling</i>
17 <i>Lorraine Doty</i>	18 <i>Doris Elliott</i>	19	20 Lenten supper /service, 6:30	21 <i>Alyssa Anwar</i>	22	23
24	25	26 Women's Bible Study, 10:00 a.m.	27 Lenten supper /service, 6:30	28 Trin. Min. Black Hist. Mo. prog, 10 a.m. <i>Roberta Preston-Napier</i>	29	

Birthdays honorees are highlighted in italics on the calendar. If your birthday does not appear, please contact the church office at 743-5741 so we may update our records.
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## FEBRUARY READINGS:

### Feb. 3 – Transfiguration of Our Lord

Exodus 24:12-18  
Psalm 2 or Psalm 99  
2 Peter 1:16-21  
Matthew 17:1-9

### Feb. 6 – Ash Wednesday

Joel:2:1-2; 12-17 or Isa 58:1-12  
Psalm 51:1-17  
2 Cor. 5:20b-6:10  
Matthew 6:1-6; 16-21

### Feb. 10 – 1<sup>st</sup> Sunday in Lent

Genesis 2:15-17; 3:1-7  
Psalm 32  
Romans 5:12-19  
Matthew 4:1-11

### Feb. 17 – 2<sup>nd</sup> Sunday in Lent

Genesis 12:1-4a  
Psalm 121  
Romans 4:1-5; 13-17  
John 3:1-17

### Trinity Ministries Upcoming Events:

Thursday, Feb. 28, 10:00 a.m.  
Black History Month program at Ascension  
Lunch: \$6.00

### Feb. 24 – 3<sup>rd</sup> Sunday in Lent

Exodus 17:1-7  
Psalm 95  
Romans 5:1-11  
John 4:5-42

## 6F SCHEDULE OF EVENTS

6F: 2nd Friday of the Month in Jordan Hall. Dinner @ 6:15 w/ games or programs @ 6:45-9:00

**February:** Bunco Night! [Volunteers who have bunco sets and know how to play, please contact Pam Dake or Katherine Tooley] Potluck: Italian theme! Please bring your favorite Italian-type entree, salad or dessert. Also, please bring a white-elephant (or similar!) prize, wrapped, for the lucky bunco winners. Any unclaimed prizes will be saved for bingo!!

**March:** Norma & Ed Dreyer's trip to China and the far east! Photos and commentary!! Potluck theme: Asian-type foods!

**April:** Ascension Follies! YOU are the entertainment!! Put together a skit; comedy routines; music; fashion show ("fashion" can be taken loosely!); poetry readings; magic; etc. Maximum length: 15 min.; no minimum! Get together with friends/family and strut your stuff! Prizes!! Potluck theme: sandwiches/subs/heros, already made or prepared; fixin's; pickles, etc.; chips or dessert.

**May:** Bingo!! Please bring stuff for inexpensive gifts. We'll have the ever-popular snatch-a-sack for even more fun! Potluck theme: Salads & fruit and all the go-with's.

Questions: Call Pam or Katherine.

### VIA DE CRISTO WEEKEND #19

Via de Cristo Weekend is fast approaching and registrations are being accepted. The weekend will be held at the Catholic Archdiocese Center in Oklahoma City, March 6-9, 2008. Participants arrive around 6 PM on Thursday and leave around 6 PM on Sunday. All meals, lodging and supplies are included in the \$175 registration fee.

Via de Cristo offers an opportunity for you to reflect on your personal values and goals, evaluate your relationship with Christ, and respond to the call of Christ to serve Him in today's world. It is a span of three days where, without distraction from the outside world, you laugh, sing, worship and listen to talks from fellow lay persons and clergy. You will have the opportunity to discuss the talks with a small group of new friends and contemplate the message Christ has for YOU from what is shared.

Via de Cristo is one of the many opportunities within the church for enrichment, renewal, and spiritual growth. The Weekend is for lay persons and clergy alike. It is intended for those who live strong and active lives in Christ, and for those who seek to be renewed and strengthened in their relationship with Christ and their local congregation.

Registration forms may be obtained from the church office. Deadline for registration is February 22. Scholarship funds are available if needed.

For more information contact Carolyn Richardson, Registrar  
Phone: 580-765-2089 after 6 PM  
email: [csrichardson@abcgloba.net](mailto:csrichardson@abcgloba.net)

Serving our Lord, February 2008

| 11:00 am     | Nursery Attendant | Ushers                       | Lectors          | Acolytes         | Communion Assistants           | Lay Assistant    | Greeters                      | Counters                        |
|--------------|-------------------|------------------------------|------------------|------------------|--------------------------------|------------------|-------------------------------|---------------------------------|
| 3            | Need volunteers   | Brenda Ramirez / Karol Wagar | Katherine Tooley | Nicole Ramirez   | Ron & Bonnie Peters            | Linda Christy    | Ron & Bonnie Peters           | Merl Lindburg / Mary Faulkner   |
| 6 – Ash Wed. |                   | Ed & Norma Dreyer            | Linda Christy    |                  | Barbara James / Karol Wagar    | Jerry Peterson   | Randi Clark / Karol Wagar     |                                 |
| 10           |                   | Ron & Bonnie Peters          | Mary Peterson    | Elizabeth Balman | Doris Elliott / Shirley Bryant | Blaine Frierson  | Ed & Norma Dreyer             | Stan Lewis / Bonnie Peters      |
| 17           |                   | Merl & Billie Lindburg       | Carroll Werling  | Logan Falkensten | Donna Glocker / Doyle Hill     | Chris Falkensten | Bill & Shirley Bryant         | Ronda Falkensten / Denise Khoo  |
| 24           | Preston Napier    | Doug & Roberta Napier        | Lillian Cantrell | Nathan Napier    | Sandy Isakson / Mary Peterson  | Ron Peters       | Donna Glocker / Sandy Isakson | Gerry Oltrogge / Jerry Peterson |

Alter Guild: Mary Peterson, Helen Allen, Bonnie Peters

| 8:30 a.m. | Communion      | Lectors      |
|-----------|----------------|--------------|
| 3         | Carol Anwar    | Carol Anwar  |
| 10        | Eileen Imwalle | Pam Dake     |
| 17        | Denise Khoo    | Ellen Harris |
| 24        | Cathy Newsome  | Jim Harris   |
|           |                |              |

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>Please Help!</i></p> <p><b>** Nursery volunteers** are needed. Please sign up in the Narthex. Plan on being in the Nursery at 10:30 AM to receive the children as they arrive.</b></p> | <p><i>Thank you for volunteering at Ascension!</i></p> <p><b>Please mark your calendars for the dates you are assigned to serve.</b></p> <p><b>If you cannot volunteer on your assigned date, please find a substitute and notify the church office (743-5741).</b></p> |
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**Altar Flowers Provided by:**

|               |                                                            |
|---------------|------------------------------------------------------------|
| <b>Feb 3</b>  | Barbara Shelby & Bette Briggs in memory of Dorothea Briggs |
| <b>Feb 10</b> | No altar flowers during Lent                               |
| <b>Feb 17</b> | "                                                          |
| <b>Feb 24</b> | "                                                          |
|               |                                                            |

## **PRAYER: CENTERING**

*Let the Lord lead you to new depths of prayer. Let God give you fresh insights as you pray. Know that Jesus Christ is with you, now and always.*

Centering prayer is a method of prayer designed to develop contemplative prayer. Contemplation is not meant to replace other forms of prayer. However, it can bring a new perspective to the other methods of prayer. Centering prayer gives you a fresh sensitivity to God's presence everywhere, all of the time.

God - Father, Son, and Holy Spirit - lives in the center of your being. Centering prayer allows you to experience God's presence now, to be touched by the Lord where you need it the most, and to be transformed in your inner being by the God who loves you.

### **How to Do Centering Prayer**

1. Sit quietly and relax. Enjoy your own inner silence. Be calm. The Lord lives in the midst of your silence. Listen to hear whatever God wants to share with you. Savor God's presence and open your heart, allowing yourself to be touched by God in the deepest part of your heart.
2. Respond to God's presence with an act of faith. Do not allow your thoughts or feelings to get in the way. When thoughts come into your mind, gently let go of them and focus on a single word, such as – "Jesus," "Lord," "Love" - or a phrase that is meaningful to you, such as - "Jesus Christ, Son of God have mercy on me"; "Lamb of God Who takes away the sin of the world." This sacred word or phrase is a symbol of your intention to allow God's presence and action within you.
3. Put your faith and love into the word or phrase. Whisper it softly. Repeat it slowly and effortlessly, letting it lead you more deeply within your being. God is in you and you are in God. Surrender to God's refreshment and re-creation.
4. Center your attention and desire on God. Leave your thoughts and feelings peacefully. Let Jesus draw you into His perfect prayer of adoration, love, and praise. Let it happen. Don't try to force it, simply go with God's leading. Whenever you become aware of any distracting thoughts or images, gently return to your word or phrase.
5. When you end this prayer time, move slowly to a silent awareness of God and then move to a conscious prayer such as The Lord's Prayer. Say it slowly. Savor the words. Listen to their meaning and make them your own.
6. Centering prayer may be used once or twice daily for 20 minutes. If you are faithful to pray, you will soon experience the fruits of the Holy Spirit - love, joy, peace, patience, kindness, gentleness, self-control. You will abide in God and God in you.

*-- Written by Bette J. Shellhorn, Ph.D.*

## **Ascension Lutheran Church**

4803 South Lewis Ave.  
Tulsa, OK 74105-5154  
Phone: 918-743-5741  
Fax: 918-743-4854

### **Pastor Norman Dake**

#### **Sunday Services:**

Celebrative Praise – 8:30am  
Traditional Liturgy – 11:00am

**Sunday School – 9:45 am**

**Office Hours: 8:00am–12:00 noon Mon-Fri**

**Website: [www.ascensionlutheran.net](http://www.ascensionlutheran.net)**

**E-mail: [welcome@ascensionlutheran.net](mailto:welcome@ascensionlutheran.net)  
[pastornorm@ascensionlutheran.net](mailto:pastornorm@ascensionlutheran.net)**

## **Mission Statement:**

- **Proclaim the Gospel of Jesus Christ to all people in all walks of life with every possible means, in accordance with the Work of God, Creeds and Confessions of the church.**
- **Worship our Lord through Word and Sacrament, celebrating Christ's victory over sin and death as the hallmark of our faith**
- **Teach our members the relevancy of faith in life.**
- **Extend care and the call of Christ to each person in accordance with their needs**
- **Promote fellowship among our members.**

*Glowing and Growing  
in the Light of the Lord*



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