

The *Ascent*

October 2008

Ascension Lutheran Church

4803 South Lewis Avenue

Tulsa, OK 74105-5154

918-743-5741 / FAX: 918-743-4854

E-mail: welcome@ascensionlutheran.net

pastornorm@ascensionlutheran.net

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A Note from Pastor Norm

“The days of our life are seventy years, or perhaps eighty, if we are strong; even then their span is only toil and trouble; they are soon gone, and we fly away,” (Psalm 90:10).

As the Psalmist reminds us, issues in aging are not new. Growing older is a mixed blessing. If we have our health, retirement years can indeed be golden. When our health begins to fail, those final years can become “toil and trouble.” How do we cope with the challenges of advancing years? How do we help a loved one continue to enjoy “life in all its fullness” (John 10:10) until God calls time.

To assist us with these matters, we will be holding a workshop on **Issues in Aging** on Saturday, **October 25, 2008, from 9:00 A.M. to Noon** in Jordan Hall. It is free. It is open to all. No advance registration is required.

We will have four presenters to provide information on:

1. Home Health Care.
 - What do you do if you're not ready for a skilled nursing facility, but could use some help at home?
 - John Venture (Christian Companion Senior Care).
2. Alzheimer's.
 - 10 warning signs.
 - How we can help.
 - Cathy Sullins (Alzheimer's Association).

3. Hospice Care.
 - Caring when there is no cure.
 - Spiritual, emotional, and physical care.
 - Angie Hamman (InFinity Hospice).
4. Legal Issues in Aging and End of Life.
 - Living wills, health-care proxies, advance directives, and more.
 - Planning and deciding while you can.
 - Blaine Frierson and Kelly Knopp (or another attorney specializing in this field).

Each speaker will have about 30 minutes for a presentation, and for questions and answers. There will also be time at the end of the morning to address individual concerns one-on-one with the presenters.

These are issues that impact a growing number of us. It is well that we reflect on them while we are able, prepare for them while there is time, and face them with the grace that God provides to us through a caring community of faith.

Plan to attend. Invite family, friends, and neighbors who may benefit from learning more about the resources that are available to assist during all the days of our life.

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

September 14, 2008

The September 14th meeting was called to order with Keith Khoo presiding. In attendance were DB Woods, Barbara James, Ed Dreyer, Keith Khoo, Sandy Isakson, Eileen Imwalle and Pastor Dake.

Minutes were reviewed and approved.

Pastors Report:

- Doris Kurin's funeral service was August 25th.
- Betty Collins has moved to Brighton Gardens at 5211 S Lewis.
- Pastor Norm will be attending the Conference 3 annual meeting on October 5th at Salem Lutheran Church in Stillwater.
- On October 25th there will be an "Issues in Aging" workshop held at Ascension. It will include workshops on Home Health, Hospice, Alzheimer's, and an attorney will address legal issues in aging and end of life.
- Pastor will be finding out more information on a program called NEAT. Northeast Active Timers.

Stewardship:

We viewed a video by KLV enterprises. It is a program on Beyond Fund-Raising and Budget. We will be incorporating an article on stewardship in the Ascent and scripture verses in the bulletin.

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.

Worship & Music:

The organ will be looked at and repaired this week. We will have a substitute organist from ORU on September 28th

Evangelism Report:

Our website has been updated. The evangelism report presented by Cathy Newsome is on file.

ASCENT NEWS ITEMS;

Please submit any news items by email to norma-dreyer@utulsa.edu or call me at my home phone, 583-3759 by the 21st of each month.

Helping Hands:

The drive for the helping hands pantry was a big help, but non-perishables are still needed to keep the pantry stocked. Thanks to all who support this program. We will be having a dessert auction on October 26th.

Old Business:

Katherine Tooley presented a budget for the preservation of the photos from the 40th anniversary and adding new items to the scrapbook. A motion was made and approved to accept the scrap book proposal by Katherine, and move forward as funds are available.

The old cleaning company has accepted the 30 day notice. A new cleaning company has been hired and started this week.

Jim Harris has met with A-Best Roofing and we are about 4 months out on having the roof repaired. We are looking at possible fundraisers or other avenues to generate income for the roof.

New Business:

A Christopher Radko nutcracker ornament and an accompanying needle point canvas Christmas set has been offered by Katherine to be raffled off. A motion to approve a fundraiser for the scrapbook project was approved.

Lunch and devotion for the October meeting will be provided by Pastor Dake.

Pastor closed with a prayer.

Respectfully
Barbara James

This and That

6F – Fabulous Friday Family Fun Food & Fellowship Night: Our next 6F night is planned for **October 10**. Join us at 6:30 PM in Jordan Hall for a potluck meal, Pastor Norm's "show and tell" of his trip to India, and the drawing of the winner of the Christopher Radko raffle.

WOMEN'S BIBLE STUDY: Our next Bible study will be on Tuesday, **October 28th**, in the adult classroom. Please join us.

DIET, DISCIPLINE & DISCIPLESHIP: The 3D (Diet, Discipline, Discipleship) Plan is a small-group program focusing on wholeness in all aspects of life, from the physical to the spiritual. Participants make small, gradual changes in their diet, lifestyle and discipleship practices. Pam Dake has formed a new 5x5 group based on the 3D Plan meeting on Monday's at 7:00 PM in the adult classroom. For more information, please contact Pam at 747-8557.

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.

HELPING HAND'S ANNUAL DESSERT AUCTION----OCTOBER 26TH : Please mark your calendar now to be sure and attend the annual Helping Hand's Dessert Auction, to be held this year on Sunday, Oct. 26th. There will be no Sunday School on that day. Brunch will be provided by the Helping Hand's committee. This is the **ONLY** fundraiser for our weekly Helping Hands ministry, which feeds hundreds of people over the course of the year. The cost of purchasing perishable items has significantly increased, and this fundraiser will be more important than ever before. Please plan to bring homemade goods to be sold at the auction (and don't forget your checkbook!!). Don't miss this fun event with lots of laughs!!!

COMING EVENTS: October 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Worship: 8:30 & 11:00 Sunday School: 9:45			1 Daytime 5X5-10:30 am	2	3	4
5	6	7	8	9	10 6F Night-6:30pm	11
12	13	14 <i>Michael Coleman / Preston Napier</i>	15 Daytime 5X5 10:30 am	16	17	18
19 Trinity Ministries @ Prince of Peace, 6 p.m.	20	21 <i>Betty Jacobsen</i>	22	23	24 <i>Matthew Hillstrom</i>	25 Issues in Aging, Jordan Hall, 9:00-12:00
26 Brunch & Helping Hands dessert auction 9:45 a.m.	27	28 Women's Bible Study, 10 a.m. <i>Dennis Born</i>	29 <i>Frances Imwalle</i>	30	31	

Birthday 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.

OCTOBER READINGS:

Oct. 5 – 21st Sunday after Pentecost

Isaiah 5:1-7
 Psalm 80:7-15
 Philippians 3:4b-46
 Matthew 21:33-46

Oct 19 – 23rd Sunday after Pentecost

Isaiah 45:1-7
 Psalm 96:1-9 (10-13)
 1 Thessalonians 1:1-10
 Matthew 22:15-22

Oct 12 – 22nd Sunday after Pentecost

Isaiah 25:1-9
 Psalm 23
 Philippians 4:1-9
 Matthew 22:1-14

Oct 26 – Reformation Sunday

Jeremiah 31:31-34
 Psalm 46
 Romans 3:19-28
 John 8:31-36

Serving our Lord, September 2008

11:00 am	Nursery Attendant	Ushers	Lectors	Acolytes	Communion Assistants	Lay Assistant	Greeters	Counters
5		Ron & Bonnie Peters	Carroll Werling		Barbara James Karol Wagar	Linda Christy	Jerry & Mary Peterson	Merl Lindburg / Mary Faulkner
12		Stan Lewis DB Woods	Karol Wagar	Elizabeth Balman	Doris Elliott Donna Glocker	Blaine Frierson	Linda Christy DB Woods	Stan Lewis / Bonnie Peters
19		Ed & Norma Dreyer	Lillian Cantrell		Lillian Cantrell Linda Christy	Sandy Isakson	Ron & Bonnie Peters	Denise Khoo
26		Merl & Billie Lindburg	Sandy Isakson		Sandy Isakson Mary Peterson	Ron Peters	Randi Clark Karol Wagar	Gerry Oltrogge / Jerry Peterson

Alter Guild: Shirley Bryant, Eileen Imwalle, Sandy Isakson

8:30 a.m.	Communion	Lectors	<p><i>Please Help!</i></p> <p>** 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.</p>	<p><i>Thank you for volunteering at Ascension!</i></p> <p>Please mark your calendars for the dates you are assigned to serve.</p> <p>If you cannot volunteer on your assigned date, please find a substitute and notify the church office (743-5741).</p>
5	Denise Khoo	Jim Harris		
12	Eileen Imwalle	Keith Khoo		
19	Carol Anwar	Carol Anwar		
26	Linda Christy	Linda Christy		

Altar Flowers Provided by:

5	
12	
19	Bill & Ruth Rasbold in honor of their 56 th Anniversary
26	Katherine Tooley in memory of her father



Mission Investment Fund
Evangelical Lutheran Church in America

God's work. Our hands.

The Mission Investment Fund is offering special high rates on its 18-month and four-year MissionTermSelect investment: **4.22% APY** and **5.04% APY**, respectively. The special rates require new money, and the minimum investment is \$2,500. Mission Investment Fund investments are available for purchase by ELCA congregations, related institutions, and individuals. When you invest in the Mission Investment Fund, you provide vital funds to help Mission Investment Fund make loans to ELCA ministries for building projects and land purchases. To purchase your investment, call 877.886.3522 or Shelly Petersen at 402.916.9174 or shellymif@cox.net. Or visit elca.org/mif. But hurry. These rates are good only from **October 1 through November 17, 2008.**

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*An Expression of Thanks to God*

*How many times have you heard a fellow Christian say, "I wish I knew God's will for my life?" When you read the Bible carefully, you find many statements which tell you what God's will is for your life practically.*

*Here's one: "Give thanks in all circumstances, for this is God's will for you in Christ Jesus" (1 Thessalonians 5:18). In the Greek New Testament the phrase "give thanks" looks like this: eucharisteo. From it we get the English word eucharist, which is another term for Holy Communion. It particularly emphasizes, by the believer's participation in partaking of the communion elements, an expression of thanks to God for what Christ has done for us on the cross. Furthermore, the center of that word is the Greek word charis, which is the term for "grace." When we allow the many facets of the meaning of those words to fill our minds – graciousness, gracefulness, loveliness, beauty, goodwill, favor, concern – we begin to see what thankfulness really is.*

*Paul put it another way to a certain church in Asia Minor, "Always give thanks to God for everything, in the name of our Lord Jesus Christ" (Ephesians 5:20).*

*Your stewardship of giving thanks is to be for everything, and that does indeed mean absolutely everything: • Salvation • The Word of God • The land in which we live with all of its blessings • The common things in life which we too often take for granted – such as sight, hearing or health • The daily benefits we have from God – food, shelter, clothing • Our families and what they mean to us • Wisdom and the ability to learn • Safety in life, in the home, and on the road • Adversities that come into our lives as tests and occasions for growth and maturity • The presence, comfort, and promises of the Lord Jesus Christ through the Holy Spirit.*

*As servants of Jesus Christ, we are to be responsible stewards, and we do that by giving our thoughts, our time, our talents, and our treasure to God through His church. The most concretely visible of these giving is that of our "treasure." That is why Paul wrote, "This service that you perform is not only supplying the needs of God's people but is also overflowing in many expressions of thanks to God" (2 Corinthians 9:12).*

*Write down some specific things for which you will thank God this week.*

*Keith Khoo*

## Brothers and sisters in Christ,

At the writing of this note, I have been in numerous conference calls with Lutheran Disaster Response (LDR), Lutheran Social Services of the South (LSSS), many liaison persons at the ELCA offices in Chicago, and judicatory leaders. You have all been watching the news and reading the papers, but here's a quick update of how you can help.

1) At this point please do not send persons to help with clean up. Search and rescue will continue yet for some time. There is little food, gas, or lodging available. In two-four weeks, volunteers will be welcome, but please organize now for a trip later.

2) If you go to the Lutheran Disaster Response page at <http://www.elca.org/>, you can learn how to put together "Flood Buckets." They provide the necessary items for general safety and cleaning. Details concerning how such items will be transported to Houston and Galveston will be forthcoming.

3) It isn't needed yet, but pastors in this area will need some respite. Please let me know if you would be willing to volunteer for 3-7 days to help in a parish -- leading worship, counseling, etc. Bishop Rinehart will determine where and when such help is needed and communicate that to me. I'd like to have a ready-made list available to contact.

4) Financial gifts are very much needed. To help with immediate and long-term humanitarian aid, gifts can be sent directly (but preferably through the synod office) to LDR or LSSS. The Gulf Coast Synod has established a "Gustav-Ike Disaster Fund" to directly help rostered and other congregational leaders. Please be generous in your giving.

The quote, "There but for the grace of God, go I," comes to mind. We were blessed that Hurricane Ike took an easterly path as it neared the Texas coast. We can only envision what Corpus Christi, Port Lavaca, Victoria, and towns inland would have looked like. Let's be generous with our gifts and prayers, out of mercy and thankfulness.

*Forwarded to the Ascent by Bishop Floyd Schoenhals*

## Trinity Ministries Events

- Sunday, October 19, Prince of Peace, 6 p.m. Dinner and Surprise Program, \$6.00.
- Thursday, November 6, annual OSU Culinary School luncheon in Okmulgee, 11 a.m. Cost: \$10 in advance (includes gratuity). Carpool from Ascension, 9:45 a.m.

### **Christopher Radko Ornament Raffle**

A beautiful Radko Nutcracker ornament and matching needlepoint canvas will be raffled off to help fund on-going scrap-booking projects celebrating Ascension's history. Five to six years of photos remain to be labeled and organized and 45 years of books must be restored.

Tickets are available from Katherine Tooley at \$2.00 each, or 3 for \$5.00. The winning ticket will be drawn at the October 6F evening, Friday, October 10 at 6:30 pm.

Questions? Call Katherine at 599-8002.

## Lutheran Planned Giving

Arkansas-Oklahoma & Central States Synod  
September 2008

### ***Estate Planning with Life Insurance***

Sara was an only child and, early in her life, realized she would be responsible for her parents' care as they aged. Recently, the last parent died and, not only did she need to settle that estate, she also needed to update her own estate plan.

Sara had several large life insurance policies with her parents designated as the primary beneficiaries. Now that both parents were deceased, the original reason for having the life insurance no longer applied.

Sara has been a life-long active member of the local Lutheran congregation and is a consistent supporter of it and other ministry organizations. Is there a way for her to use her life insurance policies for her charitable desires?

Yes! Here are several ways Sara could use life insurance assets:

- **Change the beneficiary:** Complete a change of beneficiary form, name the ministry/ministries of her choice - no cost, process simple, maintain ownership.
- **Transfer ownership of her policy to the ELCA or ministry organization:** Irrevocable transfer (held until her death, then used for the ministry organizations she named), receive charitable income tax deduction for making this a gift - if premium due policy, would make gifts to ELCA/organization to support premium payment and receive income tax deduction; or if enough cash value, there would not be a need for additional gifts. This could also be to fund an individual memorial endowment fund with the ELCA Foundation that would distribute income in perpetuity to named ministries.

Lutheran Planned Giving urges you to review and update your life insurance beneficiaries when life events occur. There are other ways to plan a deferred gift to ministry and charity using life insurance that may better meet your circumstances.

To learn more contact  
Lutheran Planned Giving  
Joyce "JP" Palmer  
Director/ELCA Regional Gift Planner  
3210 Michigan Ave., Suite 407  
Kansas City MO 64109-2055  
Phone: 816-861-6584 or Toll-free: 866-915-3548  
Cell: 816-204-5181  
E-mail: jcpalmer49@aol.com

ELCA Lutheran Planned Giving is a service to ELCA congregations and individuals to help them plan for themselves, loved ones and the work of the Lord, by providing education and consultation in the area of stewardship of accumulated assets. All services are available without cost or obligation. ELCA congregations have permission to reproduce this insert for newsletters, bulletins or other congregational use.



Youth gathering food for the Food Pantry

### **HOLY HUMOR**

The minister was preoccupied with thoughts of how he was going to ask the congregation to come up with more money than they were expecting for repairs to the church building. Therefore, he was annoyed to find that the regular organist was sick and a substitute had been brought in at the last minute

The substitute wanted to know what to play.

'Here's a copy of the service,' he said impatiently. 'But, you'll have to think of something to play after I make the announcement about the finances.'

During the service, the minister paused and said, 'Brothers and Sisters, we are in great difficulty; the roof repairs cost twice as much as we expected and we need \$4,000 more. Any of you who can pledge \$100 or more, please stand up'

At that moment, the substitute organist played 'The Star Spangled Banner.'

And that is how the substitute became the regular organist!

**Ascension Lutheran Church**

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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:***

**Responding to Gods love,**

**We faithfully**

**Welcome**

**Worship**

**Grow**

**Witness**

**Serve**

***Glowing and Growing  
in the Light of the Lord***

**Ascension Lutheran  
4803 S. Lewis Avenue  
Tulsa, OK 74105-5154**