

The *Ascent*

March 2009

Ascension Lutheran Church

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Tulsa, OK 74105-5154

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A Note from Pastor Norm

“Remember that you are dust, and to dust you shall return.” With these words we began our 40-day Lenten journey with the imposition of ashes on Ash Wednesday.

These words, of course, are a reminder of our mortality. They are the same words spoken in judgment to the man in the garden following the fall into sin (Genesis 3:19). The punishment for the serpent was to crawl on its belly in the dust (Genesis 3:14), and for the woman to bring forth children in pain (Genesis 3:16)—it’s not called “labor” for nothing. For the man, there would be weeds in his garden and he would have to earn his living by the sweat of his brow (Genesis 3:18-19). Moreover, this one who was formed from the dust of the ground (Genesis 2:7) was doomed to return to the dust.

Who of us can forget our mortality? At some level we all know that we are going to die. But I, for one, tend not to live my life by thinking about my death. When I ride my bicycle for 90 minutes (or more), I’m not remembering that I am dust. When I can get on an airplane and fly a third of the way around the globe to attend a wedding, I’m not remembering that I am dust. I tend to put my “dustiness” as far out of my mind as possible.

But there are events that have a way of reminding us that we are dust. When I rolled out of bed early on Sunday morning, February 15, I fell right back into bed with a piercing pain in my chest. Pam thought I was having a heart attack, but the pain was on the right side of my chest, not the left. After catching my breath, I determined to carry on with my responsibilities. It was Sunday morning, after all. Only after both services and Bible class were behind me (as well as lunch) did I allow Pam to persuade me it was time to get myself checked out by a doctor.

The St. John’s Urgent Care Center was not very busy that Sunday afternoon. It was my hope that I could get quickly in and out so that I could continue my day with a hospital call and a home visit. But I was about to be reminded that I was dust. Although the EKG showed my heart to be fine, the x-rays showed I had a collapsed lung. When the doctor told Pam that if she promised to take me directly to the emergency room at St. John’s two blocks away, without passing “Go” and without collecting \$200, we could walk out the front door. Otherwise, the doctor was going to call an ambulance. That’s when I began to realize that the pain in my chest was a sign of something serious, serious enough to remind me that I am dust.

As the emergency room doctor sliced me open to insert a chest tube, and as I struggled even to roll over in bed during the next few days, how could I not hear those words echoing, “Remember that you are dust”?

There were even times that returning to dust did not seem like such a bad alternative. When the surgeon peeled the layers of tape from my unshaven chest after three days so that he could pull those 10’-12” of plastic tubing from my lung cavity, and the first time Pam changed my dressing at home, there were moments when I was more than ready to return to dust. I was so tired of hurting that I just wanted the pain to stop.

I’m sure that each of you probably has your own “remember that you are dust” stories. But our Lenten journey is not simply about remembering our own mortality. It is also a time for us to focus again on the suffering, death, and resurrection of our Lord Jesus—his mortality and his immortality.

Our Daytime 5x5 group is studying the Gospel of John. It is John’s Gospel, you may recall, that contains the simplest account of Jesus’ incarnation. “In the beginning was the Word, and the Word was with God, and the Word was God,”

(John 1:1). "And the Word became flesh and lived among us," (John 1:14). Through his birth, Jesus became dust for us. Upon his death, he returned to dust, at least until the third day. Then there was a new breath of life, and resurrection!

As we remember that we are dust, we also remember that returning to dust is not the end—for Jesus or for us. With the promise of resurrection made to Tom Williams, Roger Nielsen, and all of us who believe, we have God's answer to the curse of Genesis 3. The mark of the cross, made in our baptism and renewed on Ash Wednesday, is a mark of both death and life (Read Romans 6:3-11).

There are other Lenten Memories which we will call to mind during these next weeks. The schedule is outlined below:

March 4, 6:30 PM: Remember the Rainbow: Covenant
-Genesis 9:8-17

March 11, 6:30 PM: Remember the Sabbath Day: Gifts
-Exodus 20:1-17

March 18, 6:30 PM: Remember Not: Forgiveness
-Psalm 25:6-7
-Isaiah 43:16-21
-Jeremiah 31:31-34

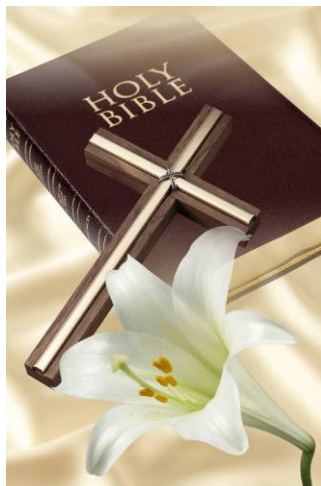
March 25, 6:30 PM: Remember One Another: Prayer
-Ephesians 1:15-19
-Philippians 1:3-11

April 1, 6:30 PM: Remember Those Who Suffer: Compassion
-Hebrews 13:1-3

April 9, 7:00 PM (Maundy Thursday): Remember Jesus Christ: Faithfulness
-2 Timothy 2:8-13
-Mark 14:66-72

April 10, 7:00 PM (Good Friday): Remember Me In Your Kingdom: Salvation
-Luke 23:26-56

Peace & Blessings!
Pastor Norm



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**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.*  
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Church Council Minutes February 8, 2009

Lunch and devotional were provided by Sandy Isakson.

A motion was made to call the meeting to order by Ed Dreyer and Second by Sandy Isakson.

The February 8th Council meeting was underway with Keith Khoo presiding. In attendance were Pastor Norm, Eileen Imwalle, Karol Wagar, Sandy Isakson, Kelly Knopp, Ed Dreyer, and Jim Harris.

Keith Khoo called the meeting to order, and recognized and welcomed the new Council members...Jim Harris, and Karol Wagar.

The minutes from the Council's last meeting were reviewed. A motion was made and second to accept the minutes.

Pastors Report:

Pastor Norm wanted to reiterate the Lenten Season coming up Wednesday February 25, starting with Ash Wednesday. He talked about the Soup Suppers starting on March 4. Soup will be at 6:30 and Worship at 7:00.

Treasurers Report:

A motion was made and second to accept treasurer's report as not available.

Old Business:

A mention was made by Pastor Norm that a meeting is going to be set up to meet with St. Andrew and Bethany this next week.

New Business:

Discussions were held in regard to pastoral concerns. A motion was made and second to table discussions.

Mary has requested next week off. Request was approved.

The next meeting will be held March 8, 2009, with Kelly Knopp to bring lunch.

A motion to adjourn the meeting was given and second.

Pastor closed with a prayer.

ASCENT NEWS ITEMS;

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

This and That

WOMEN'S BIBLE STUDY: Tuesday, March 24, 10:00 a.m.

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. **THRIVENT BUILDS WITH HABITAT AND THE AREA LUTHERAN CONGREGATIONS:**

THRIVENT BUILDS: We have a building site, "3117 N. Wheeling Place". The new site is about a mile N.W. of the Ben Franklin area, where we built Home #1, Home #3 and Home #4. The new home owners will be Andrecca Maupin and her daughter Monica (16) and son Thais (11). We will start to build on Saturday, March 14th. We will build each Wednesday and Saturday from 9:00am to 3:00pm, except Saturday, April 11th, Easter weekend. Our share of the building costs is \$8,415.00. We have received \$4,065.00, so we need to raise another \$4,350.00. Be sure the checks are made out to "Thrivent Builds". Thrivent Builds and Habitat for Humanity have upgraded their release waiver, and require the forms to be submitted before you can work at the site. So, when the Congregational Champion asks you to pick the work dates you want, they will also ask you to sign the release waiver.

I'm ready to get started, and hope each of you are ready to start building another Habitat home for a family needing decent housing.

Howard Seigfreid

COMING EVENTS: March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Worship: 8:30 & 11:00 Sunday School: 9:45						
1 Planned Giving Presentation, 9:45	2	3	4 Lenten supper/ worship, 6:30	5	6 <i>Bradley Malsam</i>	7
8 12:15 pm Council mtg	9 <i>Catherine Gausvik</i>	10	11 Lenten supper/ worship, 6:30 Daytime 5X5	12	13 <i>Pastor Norm</i>	14 Habitat building begins, 9:00 am
15 Trinity Min. prog., Fellowship Luth., 7:00 pm	16	17	18 Lenten supper/ worship, 6:30	19	20	21
22	23	24 Women's Bible Study, 10:00 am	25 Lenten supper/ worship, 6:30 Daytime 5X5	26 Trinity Min. to Stillwater	27 <i>Brennan Frierson</i>	28 <i>Bill Bryant</i>
29	30 <i>Cesar Pena</i>	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.

MARCH READINGS:

March 1 – 1st Sunday of Lent

Genesis 9:8-17
Psalm 25:1-10
1 Peter 3:18-22
Mark 1:9-15

March 8 – 2nd Sunday of Lent

Genesis 17:1-7, 15-16
Psalm 22:23-31
Romans 4:13-25
Mark 8:31-38

March 15 – 3rd Sunday of Lent

Exodus 20:1-17
Psalm 19
1 Corinthians 1:18-25
John 2:13-22

March 22 – 4th Sunday of Lent

Numbers 21:4-9
Psalm 107:1-3, 17-22
Ephesians 2:1-10
John 3:14-21

March 29 – 5th Sunday of Lent

Jeremiah 31:31-34
Psalm 51:1-12 or Psalm 119:9-16
Hebrews 5:5-10
John 12:20-33

HELPING HANDS JARS REORDERS:

I have had 13 orders for more jars. If I end up with orders for 25 or more, I will go ahead and do another set. If you are interested in jar orders, please contact me as soon as possible.

Thanks,
Carol Anwar
carol@sbcglobal.net
296-0235

Serving our Lord, March 2009

	Ushers	Lectors	Acolytes	Communion Assistants	Lay Assistant	Greeters	Counters
11:00 am							
1	Gerry Oltrogge DB Woods	Karol Wagar	Elizabeth Balman	Lynn Jacobsen Sandy Isakson	Linda Christy	Merl & Billie Lindburg	Merl Lindburg Mary Faulkner
8	Stan Lewis Karol Wagar	Lillian Cantrell	Jack Frierson	Doris Elliott Donna Glocker	Sandy Isakson	Donna Glocker Barbara Shelby	Stan Lewis Bonnie Peters
15	Merl & Billie Lindburg	Sandy Isakson		Lillian Cantrell Linda Christy	Ron Peters	Betty & Lynn Jacobsen	Denise Khoo
22	Ed & Norma Dreyer	Katherine Tooley	Jack Frierson	Ron & Bonnie Peters	Linda Christy	Helen Allen Dorothy Burgess	Gerry Oltrogge
29	Ron & Bonnie Peters	Linda Christy		Barbara James Karol Wagar	Sandy Isakson	Ardith Andrist Lillian Cantrell	Mary Faulkner Barbara Shelby
8:30 a.m.	Lectors	Communion Assistants	Altar Guild Dorothy Burgess Doris Elliott Betty Jacobsen		<i>Thank you for volunteering at Ascension!</i> Please mark your calendars for the dates you are assigned to serve. If you cannot volunteer on your assigned date, please find a substitute and notify the church office (743-5741).		
1	Pam Dake	Eileen Imwalle					
8	Linda Christy	Linda Christy					
15	Ellen Harris	Denise Khoo					
22	Cathy Newsome	Cathy Newsome					
29							

Altar Flowers Provided by:

MARCH	<i>NO FLOWERS DURING LENT</i>
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TRINITY MINISTRIES EVENTS: RSVP to Billie Lindburg or Warren Werling.

Sunday, March 15, 7:00 PM: Program at Fellowship Lutheran Church by Bishop Floyd Schoenhals to update us on the Arkansas-Oklahoma Synod. Coffee and cookies will be served.

Thursday, March 26: Daytrip to Stillwater via Red Carpet bus with Bill Bryant driving us. Includes a tour of Boone Pickens stadium AND Gallagher-Iba Arena, as well as the Heritage Hall on the campus of OSU. Lunch will be at the famous Eskimo Joe's. Next will be a trip to the Sheerar Cultural & Heritage Museum. On the return trip we will stop at Woodland Park Vineyards. Departure from Ascension at 8:00 AM; returning around 6:30 PM. Cost: \$53 per person due by March 5. Send checks to Trinity Ministries, 1244 S. Utica Ave., Tulsa, OK 74104.

DAYTIME 5X5 will meet on the second and fourth Wednesdays, from 10:30 AM until 12:00 noon in the adult classroom. In April we will meet on the third and fifth Wednesdays. We will be studying the gospel of John. Next meeting will be on **March 11th**. It's not too late to join.

EVENING 5X5: Led by Blaine Frierson. Talk to Blaine (695-5979) or Keith Khoo (633-4732) for details.

SPECIAL REQUEST – The Evangelism Committee needs your help in three ways:

First, read "Greeting Guests at Ascension," which is on the following page in this newsletter. Not everyone saw a similar guide passed out at the annual meeting--or had a chance to read it.

Second, take action by welcoming anyone at church you do not know.

Third, point out Sunday visitors so they will receive a loaf of bread or tin of baked goods. Notify Cathy Newsome, or Blaine Frierson.

I was a stranger...



you welcomed me!

you welcomed me!

Matthew 25:35

Welcoming members will

- Ask newcomers to sign the guest book.
- Introduce themselves to others.
- Talk with visitors to learn more about them.
- Offer to show newcomers around.
- Invite them to other activities like Sunday School, a 5x5 meeting, or for refreshments.

Suggestions

Worried about what to say to guests? Or mistaking a long-time member for a visitor? Here are some tips:

- My name is
- We're glad you joined us here today!
- I don't recall meeting you. Have you been with us before?
- What brings you to Ascension?
- Would you like to join me for...?
- Did you know we have ...?

Invite members or guests at worship to join you for another part of church life--Sunday classes at 9:45, refreshments, and other church activities.

"Welcome the stranger," is Jesus' instruction to us.

In greeting a visitor, you do just that. You create an important first impression of Ascension Lutheran Church in the mind of the visitor who walks through our doors for the first time.

New visitors typically come to church during periods of transition—either happy such as a move, marriage, the birth of a child; or stressful as with the loss of a loved one or a personal crisis. Either way, the newcomer is seeking God and relationships with other people of faith.

The warmth of your welcome and your sincerity in getting to know that person may make a difference in whether or not the visitor returns. This guide offers ideas for being effective in this ministry, whether you are volunteering to greet visitors, meeting someone new in the pew, or offering hospitality to a newcomer. With a friendly smile and sincere effort, you can :

- Create a welcoming, friendly atmosphere for both visitors and current members.
- Make visitors feel at home and comfortable in a new and foreign environment.
- Provide information to help visitors understand the service and find their way around.

Volunteer Greeters will

- Greet everyone—new visitors, members, and old friends
- Make visitors feel at home by:
 - Providing a copy of the **Welcome to Ascension** brochure from the wall rack by front door
 - Introducing guests to other church members
 - Offering child-friendly help, such as where to find the toy basket, nursery, and bathroom





Pictures of Makenzie Louise Bridges,
daughter of Ken and Marsha Bridges, granddaughter of Don and Betty Robertson.
Baptized 12-28-08.

Nathan Napier was presented the Boys Scouts of America God and Church award on Sunday, February 15. Congratulations, Nathan!



Are your retirement assets rolling in the right direction?

Changing jobs? Retiring? Already enjoying retirement?

Major life events such as these can have a significant impact on your retirement assets.

You may be tempted to leave your retirement account behind or take a cash distribution. But, doing so could mean staying with investments and service that are not aligned with your values or losing a big portion of your retirement savings

Make a wiser, simpler choice by rolling over your retirement savings into a Thrivent Financial Rollover IRA. It's a flexible way to avoid penalties and withholding taxes, and help ensure your savings continue to grow.

You'll receive guidance from a financial professional who'll help assess your current financial situation, determine your unique goals, and make sure your assets are allocated properly and rebalanced regularly.

Enjoy low minimum investment requirements and:

- Tax-deferred growth potential*
- More control over your investments and possibly more investment options
- Penalty-free, tax-free distributions (up to \$10,000) before age 59½ for major life events such as buying your first home
- 24-hour access to your account

To learn more about IRAs or how Thrivent Financial can help you achieve your financial goals, contact Ed Meyer, FIC, Robert Morgenthaler, FIC, Tim Veldstra, FIC, or Tamara Massey, MBA at (918) 392-7130 or greencountryassociates@thrivent.com today, or visit thrivent.com.

*Withdrawals from an IRA prior to age 59 1/2 may be subject to a 10% early withdrawal penalty tax.

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SAINT ANDREW LUTHERAN CHURCH 25TH ANNIVERSARY CELEBRATION

Please join us in celebrating the 25th Anniversary of Saint Andrew Lutheran Church on March 15, 2009.

Our very special guests will be Pastor Ronald K. Heimsoth and family.

Place: Saint Andrew Lutheran Church
3210 S. 113th W. Ave.
Sand Springs, Oklahoma 74063

Time: Church Service 9:30 – 10:30 AM with Pastor Heimsoth delivering the sermon.
Lunch will be served at 11:00 AM in the fellowship hall.

We are looking forward to sharing with you this very special occasion.

RSVP: Call the church office at 245-1909 by March 10th if you plan to attend the luncheon.

**OAKS INDIAN MISSION
GOLF SCRAMBLE AT CHEROKEE HILLS GOLF CLUB
THURSDAY, APRIL 16, 2009**

The Oaks Indian Mission is holding a golf event benefiting the children of the Mission.

Registration begins at 11:00 AM

The event includes:

- * hole-in-one
- * 1st and 2nd place prizes

Additional contests will include:

- * putting, closest to the hole
- * longest drive, and
- * hit in the circle

Lunch and an awards dinner will be provided as part of the registration fee. You may obtain a brochure by calling the Church office at 918-455-0005 and speaking to Steve Camp or Ed Gibeau.

Sponsorship opportunities are available the the following levels:

- \$1,500
- \$1,000
- \$300
- \$150

Please contact Dianna Baer at 1-918-868-2196 or email her at dianna.baer@oaksindianmission.org for further information and assistance in registering or sponsoring.



**OAKS INDIAN MISSION
SILENT QUILT AUCTION
APRIL 24-26, 2009**

The Oaks Indian Mission is holding a quilt auction to benefit the children of The Mission.

- * Location: Arkansas-Oklahoma Synod Assembly at the Tulsa Hilton Southern Towers
81st and Lewis, Tulsa, OK
- * Online quilt previews begin March 1st!
www.oaksindianmission.org

If you have any questions, please contact Dianna Baer at 918-868-2196 or Vance Blackfox at 918-868-7636.

CONCERT AT FELLOWSHIP LUTHERAN

The Dordt College chamber Orchestra and Concert Band from Sioux Center, IA will present a concert on Friday, March 13, at 7:30 PM at Fellowship Lutheran church at 67th and Sheridan. This concert is part of an eight-state music tour. Dordt College's band and orchestra are under the direction of Bradley Miedema. The program for the evening includes a wide range of styles, ranging from a concerto and symphony to folk tunes, marches, a patriotic tune, and even a polka. Admission to the concert is free, with a free-will offering being received to help defray tour expenses.

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

**E-mail: welcome@ascensionlutheran.net
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**