

E-News for the Week of Sunday, September 11

17th Sunday After Pentecost

Contemporary Worship

Readings

(Corrected)

Exodus 32:7-14

Psalm 51:1-10

Have mercy on me, O God, according to your steadfast love (Ps. 51:1)

1 Timothy 1:12-17

Luke 15:1-10

Worship Participants

Celebrant: Pr. Nancy Wright

Altar Guild: Julie Valliere

Communion Assistant: Marcia Gustafson

Liturgical Assistant: Kathe Bruno

Lector: Johanna White

Organist: Jeri Bergdahl

Greeters: Beth & Doug Dreibelbis

Ushers: Doug Dreibelbis, Harriet Richards, Lauren & Noah Dreibelbis

Upcoming Week

Wednesday, 9/7

5:00-6:00 p.m. Tai Chi for Everyone

6:30 p.m. Contemporary Practice

Thursday, 9/8

3:00-6:00 p.m. Music Lessons (rental)

Sunday, 9/11

Rally Day!!! God's Work, Our Hands!

9:00 a.m. Sunday School

10:00 a.m. Contemporary Worship Service

12:00-3:00 p.m. Mac & Cheese Challenge Meal Packing (see announcement below)

4:00-7:00 p.m. St. Timothy (rental)

Tuesday, 9/13

3:00-6:00 p.m. Music Lessons (rental)

Click [HERE](#) for a long-range calendar.

Upcoming Birthdays

9/7 Rick Neu

9/9 Arlene Krapcho

9/11 Andre Strum

6/12 Katie Gonyaw

Pastor's Message

God's Work Our Hands Sunday

This Sunday, Rally Sunday, we welcome everyone back from summer vacations, we begin Sunday school for all ages, and we **reflect** and **act on** our identity as a congregation.

We will gather children, young people, and adults to pack 12,000 mac and cheese meals for the local food shelf. This is **God's work. Our hands Sunday**: "an opportunity to celebrate who we are as the Evangelical Lutheran Church in America – one church, freed in Christ to serve and love our neighbor." Many churches around the country will be dedicating **Sunday, Sept. 11 to service**.

A new book by Brian D. McLaren, a former pastor, is *The Great Spiritual Migration: How the World Largest Religion Is Seeking a Better Way to be Christian*. He poses this question: "What would it mean for Christians to rediscover their faith not as a problematic system of beliefs but as a just and generous way of life, rooted in contemplation and expressed in compassion?" McLaren asks. "Could Christians migrate from defining their faith as a system of beliefs to expressing it as a loving way of life?" I believe that McLaren is very wise in creating a path for Christianity to be seen by others as loving, as Jesus himself loved.

This Sunday, through preparing meals, we are expressing Christianity as a loving way of life. Join us!!!

Blessings, Pr. Nancy

From the Office

There will be a

CONGREGATIONAL MEETING

SUNDAY, SEPTEMBER 25th

to share the annual committee reports.

This will be the only business at this meeting.

For Council summary of reports from the last Council Meeting, [CLICK HERE](#).

Sunday School News

Dear Families, Parents, Grandparents and Friends,

We're Back!!!

Another year of Sunday School children's education and worship begins this **Sunday at 9 AM with a Rally Day breakfast**, held in the Sunday School wing. Our theme on Sunday is **"God's Work, Our Hands!"** First, we will gather and eat a **healthy continental style breakfast**, and allow time for adults and kiddos to reacquaint or meet, and chat a bit, and to **update contact information**, as needed. We'll have coffee, juice, fresh bagels, mini muffins, yogurt, and fresh fruit. Then we'll ask everyone (adults, too), to make a circle as we light our altar candles and have a short prayer for our opening. We'll sing a few songs, and perhaps have a guest accompanist (one of our children is working to learn a song on her stringed instrument). We'll have class group pictures. We have a group project for all to do. Games are planned, as related to the theme. Then we'll circle for our AMEN before dismissal.

We are delighted to start our new year with some new teachers and some children moving up into new classes. **Each teaching team is comprised of professional experienced educators, and excellent teaching curriculum and materials.** Briefly, our work with our children is as follows, respecting each child's differences, therefore ages and grades are not firm:

Nursery Roll: Starting this year, our Baby Ambassador, Chris Peterson-Ishaq will initiate a Nursery Roll, multi-mailing very interesting developmental materials to families of children under three years of age. Approaching three, children will be invited to Sunday School.

Little Lambs: Children under three are welcome to come to Sunday School, accompanied by an adult. Even the youngest children seem to enjoy the opening songs and seeing other children and joining older siblings in going

to Sunday School. During times when they are not able to participate in the lessons, their adult may help them play in the nursery space.

Rising Stars: Pre-K to K (3 - 5) The Fortress Press age appropriate "**Spark**" curriculum will be used and follows the church year; teachers supplement with other projects and appropriate crafts.

SuperKidz: (Middle group) The Fortress Press age appropriate "**Spark**" curriculum will be used, and follows the church year. Teachers will supplement with other projects and crafts.

THE ROCK Stars: (Older group) In preliminary preparation for confirmation, they will be studying "**Baptized We Live, Lutheranism as a way of Life.**" The materials are an amazing study of the history and the purpose of Luther and the evolving of Lutheranism as a way of thought and life. It is powerful, but these materials are geared to the age group in this class, and designed to provoke thought, discussion and commitment, as they begin to identify as Lutherans. While it can be a bit heady at times, there are also hands on activities that will engage our kids in the life of our church, in a practical and meaningful way. A separate printed supplement, "**The Sunday Paper**" will be available for these kids related to the day's lessons and Gospel.

Parents and Grandparents: In our little SS wing kitchen, we have a Keurig coffee maker, lidded coffee cups, to which you may help yourself, and a lounge area just inside the nursery. You may find a good conversation with another parent/grandparent there, where you may remain near your young child without hovering.

At this point we have a wonderful group of teachers and volunteers, but are always looking for **musical assistance, by kids or adults.** We could use **helpers on a regular basis (extra hands)** and people willing to become familiar with the classes and able to **substitute and people to help plan and implement our special events.** Please volunteer as is comfortable.

Hopefully the weather will cooperate so we can use the outdoors on Sunday. But, with no apologies, this Sunday may be a tiny bit squished and may feel chaotic. We need to restrict our space to the educational wing, due to the massive "**God's Work. Our Hands**" macaroni project, which is set up and sprawled throughout Ascension.

What is "God's Work, Our Hands"? It is an ELCA-wide Sunday on which congregations do work in God's name and spirit.

On this Sunday, September 11th, after church (and a light lunch) members of our congregation, including capable children, and members from Good Shepherd Lutheran in Jericho, will work together, at Ascension, to pack 12,000 meals for local food shelves. \$3000 was donated throughout the summer to fund this effort.

Feeding the hungry is clearly God's work, and after our hands reached into our pockets, our hands will now move like crazy to assemble 12,000 meals in a well-orchestrated feat.

The events of **September 11, 2001**, will forever be burned into our souls, but on this 15th anniversary of the attacks on our country, what a wonderful way to redefine September 11, as a day to commit to Christian education for our children and in Christian service to the needy among us!

Looking forward to seeing you and your children on Sunday at 9 AM.

Warmly,

Lydia Wisloski

HARK! IMPORTANT UPCOMING NEWS AND EVENTS

Mac and Cheese Challenge

This is It! Saturday we set up from 3:00 - 5:00 and Sunday we package 12,000 meals from 12:00 - 3:00. We need a registrar, measurers, packers, sealers, runners and more, so wear comfortable clothes and come ready to make a difference and have some fun.

Richard Butz

Men's Breakfast

Coming soon to a breakfast table near you... the Men's Breakfast! We'll be starting again soon, on the 3rd Saturday of the month, just as before. Our first gathering will be at Ascension on September 17th, 8:30 a.m. Questions? Contact Jake!

"Get to Know the Handbells" coming Sept. 18 right after the service!

Ever wanted to pick up and ring one of those beautiful handbells? Well, now is your chance!

Bells of Ascension will hold a "get to know the bells" event right after the church service on **Sept. 18**. Handbells have been a part of Ascension's worship service since 1982, when the first two octaves of bells were purchased by congregational members. Most people in the congregation have never had a chance to ring a bell to see how much fun it is to play this beautiful instrument. Of course, we want everyone to consider becoming a member of Bells of Ascension, but please don't let that stop you from the chance to ring the bells.

There really are no specific requirements for joining Bells of Ascension. Basically we need people who have an interest to learn the instrument, who will always come to rehearsals, and who want to make beautiful music for our worship services. That's it!

Thank-You from the Fritsche's

This past Sunday, Ascension parishioners blessed John and Barbara Fritsche, as they prepare to set out on the arduous Camino de Santiago. They will create a blog through which they will share their experiences and spiritual reflections. Let us keep them in our prayers through the next six weeks. Below is their description of the walk:

Dear Pastor Nancy,

We thank you for offering a blessing on our journey - which begins September 7, ending October 19. Labor Day weekend, we plan to be in church for our final Sunday service before we leave.

In preparing for the Camino, I have read some descriptions which may help you and others understand what we anticipate. The Camino de Santiago is also known as the Way of Saint James. While the goal is to arrive at the Santiago de Compostela, this 500-mile journey by foot is a pilgrimage and has a rich history in Christianity. The legend is that after James (the brother of John and disciple of Jesus) was martyred, his body was transported to Spain and his body buried on a hill where the current cathedral (built in 1075) stands. The cathedral is the final stop in the journey.

There are sacred and historic places along the way and the most popular route (the one we are taking) begins at St. Jean Pied de Port on the border of Spain and France and starts with a grueling walk over the Pyrenees. Most pilgrims have a specific goal of being inspired and transformed in their daily life, often using the time for spiritual renewal.

We hope and pray the walk and pilgrimage will be a transforming experience for us.

Again, thanks. Barbara

Ripple Dinner Sign-Ups

Ripple dinners start soon! Help plan dinners for the few Ascension youth that participate in Ripple and the rest of the crew! If you would be willing to take on a dinner or two through the year, it would be a tremendous help. Click the link below for the sign-up sheet, and contact Rachel Fraumann (Stampul) if you have any questions at all at clergyckick@gmail.com.

<https://docs.google.com/document/d/1tPWpNs2oPEHyHUFNimL8LeHxwfDRhHgSAMhBA2qvyUE/edit?usp=sharing>

Also, click [HERE](#) to view the full Ripple schedule!

Quilter's Group

Lutheran World Relief has informed us that the 43 quilts made by Ascension quilters this past season were shipped to Angola in July for distribution. On September 15 we will begin making more quilts for LWR, hoping to make at least as many or more than we did this past year. We appreciate donations of fabrics suitable for making quilts. Won't you join us at ALC to tie quilts the first and third Thursday of the month, 10 a.m. to 1 p.m. Many hands make light work.

[CLICK HERE](#) to view the letter we received from Lutheran World Relief!

Join us on our Walk to Bethlehem!

Yes, that's right...the members of Ascension Lutheran Church are going to "Walk to Bethlehem" this fall! Our journey will begin the week of October 2nd and end twelve weeks later, arriving in Bethlehem just in time for Christmas. The goal of the program is to motivate people to become more physically active and to also encourage spiritual growth by focusing on weekly Bible verses and devotions.

Miles will be earned by actually walking or running a mile or doing 20 minutes of aerobic or chair exercises. (Taking Elizabeth's Tai Chi class or walking our lovely meditation trail would be perfect ways to do this!) Bonus miles will be awarded for families who walk or exercise together. Everyone can participate... whether you are involved in a sport at school, want to just walk for good health, or can participate from a chair 1 day a week or 7 days a week! Everyone's miles will be totaled each week to see how we are progressing.

You can get more information and sign up starting September 18th...look for the map in the social hall!

The Property Committee Needs Your Help!

The Property Committee has a number of projects ahead of us. Some more urgent than others. Some are beyond the scope of our members and will require professional help. Others are "in-house" jobs doable by the committee or volunteers from the congregation. Check out the list of projects on the "Property Committee" bulletin board in the fellowship hall. We welcome any and all help!

Mowing Schedule

The sign-up sheet for September/October is on the Property Committee bulletin board.

Coffee Hour

The 2016 coffee hour list has been posted. Please sign up!

Additional News and Opportunities

19th Annual Run/Walk for JUMP

Join us for a 5K run, 1K run for kids, or a 1K walk, with lots of prizes and fun for all to benefit the Joint Urban Ministry Project (JUMP)! **Saturday, September 17th.** Registration at 9:00 a.m, Race begins at 10:00 a.m. at the North Beach in Burlington. Free parking! For more information, visit www.jumpvt.org or call 802-862-4501.

Tai Chi to Benefit Ascension

Every Wednesday, Everyone Tai Chi ... 5-6 p.m. All are welcome, beginners and long-time practitioners alike. With practice, tai chi has been shown to help people of all ages improve balance, posture, and coordination of movement, increase mental awareness and focus, and enhance a sense of relaxation and spiritual serenity. Medical research has proven that tai chi, in combination with mental calmness, can help to relieve arthritis, lower back pain, ulcers, hypertension, insomnia, chronic fatigue, obesity, and heart disease. And it's fun! Enjoy playing together and log miles for our community "Walk to Bethlehem." (A one-hour class logs 3 miles.) Instructor, Elizabeth Wirls, is certified through Tai Chi Vermont and the Tai Chi for Health Institute. Drop-in or

become a regular. Classes are on a pay-as-you-can basis and all proceeds will benefit Ascension Lutheran Church. For more information, you may contact Elizabeth in the church office (862-8866).

Peace and Justice Fall 2016 Programs

Sponsored by the Saint Michael's College Edmundite Center for Peace and Justice. All programs free and open to the public.

Racism and the Culture of Policing

Wednesday, 9/7, 7:00 p.m., McCarthy Arts Center

Vermont Sings for Peace

Sunday, 9/18, 2:30 p.m., Saint Michael's College Chapel

Is War Necessary? Annual Peace Pledge Ceremony

Wednesday, 10/5, 7:00 p.m., McCarthy Recital Hall

Chronicling the Other America: A Twenty-Five Year Retrospective

Wednesday, 11/2, 7:00 p.m., McCarthy Recital Hall

[CLICK HERE](#) for more information on each of these programs.

Household Goods Needed!

Jennie Davis from the Burlington Housing Authority let us know that she has 7 homeless families being newly placed this month. They are in need of sheets, towels, dishes, utensils, pots/pan, window shades/blinds as well as some bigger items, such as beds and dressers. We greatly appreciate all that the congregation has done before and would welcome any of these things which you might have and no longer need. We can pick up at church in the next 2 weeks or could pick up bigger items from your home if that would be of help. Thank you very much! Karen and Peter Grant (802-372-0123 or 973-214-9849).

Start off the school year with free courses!

As we move into the 500th anniversary celebration of the Reformation, aware of all the issues related to poverty, governance, democracy, and ecological healing that comprise our world, it is important that we are informed and studious Lutherans. Here are some possibilities for study that are free and online:

On-line noncredit courses from Pittsburgh Theological Seminary: "The End of Adam and Eve: Theology and the Science of Human Origins," and "Violence in Scripture," These courses are taught by excellent theologians and would be well worth taking.

Dr. Mary Evelyn Tucker and her husband, Dr. John Grim, joint professors at the Yale School of Forestry and Theological Seminary, offer excellent free on line courses in science and religion; go

to <http://environment.yale.edu/news/article/fes-online-courses-on-cosmology-and-ecology-offered-as-yales-first-mooc-specialization/>