

THE MESSENGER

Ascension Lutheran Church

“Belong, Believe and Become all that God Promises”

Vol. 66, No.1

September 2025

The phrase “There’s more happiness to give than to receive” –Acts 20:35, is very true. Giving to others releases good feelings in your brain and releases chemicals that lead to longer lasting and fulfilling happiness.

The main chemicals involved in these positive responses are Oxytocin, Dopamine, Endorphins and Serotonin. Oxytocin, often referred to as the "cuddle hormone," plays a significant role in promoting feelings of bonding, trust, and social connection. Dopamine, is a chemical that is linked to the brain’s reward and pleasure center. Giving to others can stimulate its release, causing a helper’s high. Serotonin is a key chemical for mood regulation, and being kind to others can cause levels to rise, leading to a sense of well-being. Endorphins, the body’s natural painkiller, can also be released when you are kind or do something that makes you happy.

There are strong connections when we give and the relationship with others strengthens a sense of social connection. When we give someone compassion and special belongings, seeing the positive reaction of the person helps our own happiness. If giving gives me more joy than receiving, what should I do? Practicing gratitude, participating in acts of kindness, and contributing to churches, communities, or individuals may foster a sense of purpose and happiness.

Jesus teaches that giving should be done generously, from the heart, and not for human praise. He encourages giving freely to those in need, emphasizing that giving is more blessed than receiving. Jesus’ teaching of giving is motivated by a desire to please God the Father, a profound love for God and humanity.

Pastor Emilce Erato





The following need your prayers...

Chuck Albers, Stephanie Baio, Tom Barrett, Tina Bugalia, Marilyn Bunger, Terry Catalioti, Bill Ciampa, Corey Ciampa, Lynn Colban, Gray Collingwood, Marilyn Dreyfus, Richard Fritz, Brian and Dylan Gasperetti, Hunter George, Kathryn Graven, Dan Haffner, Joanne Kempel, Ken Kempel, Cynthia Listort, Jane Macchia, Bill McGowan, Chuck Miata, Nicki, Penny Petersen, John Pisarri, Helmut Prill, Jim Quigley, Joseph Randazzo, Schneider family, Dawn Sekeres, Moira Sheldon, Carl Strievski, Court Stevenson, Peter Stevenson, Kevin Sullivan, Sanzio Vagnini, Miriam Valder, Russ Van Tine, and Deanna Ventura.



Grace Kratz Sept. 3
Eleanor Gensh Sept. 5
Jean Smith Sept. 9
Eleanore Wagner Sept. 14
Rory Schoenfeld Sept. 16
Joanne Vagnini Sept. 20
Teagan Graham Sept. 23



Sandy and Bob Skarda Sept. 3
Eleanor and Guenter Betz Sept. 24

September Schedule

Mondays

11-12 p.m. Brew a New Life-AA
9/8 Council Meeting 10 a.m.
9/22 Girl Scouts 4-6:00 p.m.

Tuesdays

11-12 p.m. Brew a New Life-AA
6:00-8:30 p.m. Power Up-Tae Kwon Do

Wednesdays

11-12 p.m. Brew a New Life-AA
Road to Recovery 7:15-8:30 p.m.

Thursdays

6:00-8:30 p.m. Power Up-Tae Kwon Do

Fridays

11-12 p.m. Brew a New Life-AA

Saturdays

9-1 p.m. SDA Church-Sanctuary
1-4p.m in Parish Hall
9-11:15 a.m. Road to Recovery-AA
9/20 Road to Recovery Anniversary Party



Memorial Fund

A gift has been given in memory of Bolivar Vindas by Ginni Hart.
A gift has been given in memory of Bolivar Vindas by Caren and Helmut Prill.

Crocheted handiwork by Pat Vogel for the layette program of Lutheran Family and Community Services.



SEPTEMBER OUTREACH

The PMD Foundation



PMD or Pelizaeus-Merzbacher Disease is one of a class of neurological disorders known as leukodystrophies; disorders that affect the formation of the myelin sheath, the fat and protein covering-which acts as an insulator in the central nervous system, which is the brain and spinal cord. It is a rare condition affecting the PLP gene. The PLP gene lies on the X chromosome. Females are the carriers of the disease and males can become affected with this disease. It is shown with involuntary eye movements (nystagmus), lack of muscle tone/floppiness (hypotonia) and motor and intellectual milestones are delayed. These children are often non-verbal.

There is currently no cure for Pelizaeus-Merzbacher disease, nor is there a standard course of treatment. There are therapies (physical, occupational and speech) to help with the symptoms. Some mutations are more severe than others and can result in early death while some live into their sixties. The PMD Foundation (made up of parent and doctor volunteers) funds research into curing this disease, finding better treatments for better quality of life and family support for those with disease in their family. It is a genetic disorder so some families can have more than one generation affected.

October 4th at 10:00 a.m. Backyard Garden



We are thankful for all the contributions made throughout the year through tithes, offerings and donations made by those attending every Sunday and those distant friends who remember us fondly.

We are grateful that we have elves that work behind the scenes when needs arise. A big shout out to Andrew Gasperetti who changed 2 of the light bulbs in the sanctuary last month. While here, he fixed a small leak in the narthex bathroom.

We are blessed to have such a compassionate pastor who supports us through prayer, visitations and the Word. Her monthly visits to the Garden Care Center to offer communion is God's hand at work in our community.