

Church of the Ascension

Sudbury Ontario

News and Announcements

February 15th, 2015

In the parish this week:

Monday 16th February: Friendship Quilting and Crafting at 10am.

Tuesday 17th February: 9:30am Stand Up!

Preparations for the Pancake Supper followed by the supper at 5pm.

Wednesday 18th February: 9:30am Ash Wednesday Eucharist followed by a time of fellowship.

7pm: Ash Wednesday service lead by Fr. Bob.

Thursday 19th February: Stand Up! at 9:30am.

Clericus meets in Espanola.

7pm: Choir

Saturday 21st February: 1pm: Youth skating and Bible Study (See announcements)

Please note that Rev. Anne will be taking the evening Ash Wednesday service in Little Current and Min-demoya this week and will be staying overnight to attend clericus in Espanola on Thursday. She can be reached via email.

Installation of New Board

This morning during each of the services we will be praying for the Board of 2015 and installing those who have allowed their name to stand. We welcome new members, Brent Leigh, Cathy Jewell, and Catherine Bird-Heuft. We give thanks for those members who served faithfully in the past and have now retired from active participation on the board - Marlene Moulton, Ken and Kay Winfield.

Pancake Supper

You are all invited to the Pancake Supper on Tuesday 17th February at 5pm. Bring your friends and neighbours along, and enjoy this time of fellowship.

A freewill offering will be taken and the proceeds will go to the Coldest Night of the Year Walk on February 21st

Ash Wednesday

Mark a holy beginning to Lent by joining us for one of the Ash Wednesday services at the Ascension. In the morning at 9:30am we will be joined by our friends from St. Stephen's on the Hill United church.

Youth event

On Saturday 21st February all youth are invited to go skating on the Ramsey Lake pathway at 1pm. They will meet at Science North near the skating pathway. They will then go to the Rev. Jeff Hooper's home for a Bible Study. Things should wrap up around 3:30-4pm. For more information please email Cora Felbel at coraDYC@gmail.com or call her at 705.665.1831.

Mark your calendars

- A family fun night is in the works for Friday 27th February.

The Ascension is striving to be a nut free and scent free parish, due to the many nut and scent allergies.

- The next Out of the Cold dinner is on Friday March 6th.
- A clothing swap is planned for March 28th.

The Coldest Night of the Year Walk

The Coldest Night of the Year is a winter walk-a-thon fundraiser that partners with great charities serving the hungry, homeless and hurting across Canada. This year it takes place on February 21st and parishioner Paul Murdock will be walking for the Samaritan Centre in Sudbury, because he really believe in the work they're doing in our city. The Centre houses the Blue Door Cafe, Elgin Street Mission, and the Corner Clinic.

If you would like to sponsor Paul in this walk, please speak to him at church and he will direct you to his fundraising page link on the coldest night website. <https://secure.e2rm.com/registrant/FundraisingPage.aspx?registrationID=2696772&langPref=en-CA>

Fundraising Night in Africa for Zawadi La Tumaini

On Saturday February 21st, there will be a fundraising dinner for Zawadi La Tumaini, an orphanage for children in Kenya. Jacqueline Villeneuve, a Sudbury woman started this orphanage some years ago, and this fundraiser will support their ongoing work.

It takes place at Cambrian College student centre on 21st February at 5:30pm with cocktails and dinner to follow at 6:30pm. The tickets are \$100 a person (\$800 for a table). Tickets can be purchased by calling 705.923.1182 or 705.521.1440.

Exploring a Lenten Desert

Looking for another way to live Lent? "Exploring a Lenten Desert" is a six-session course that introduces participants to the desert as an image of spiritual dryness and refreshment and to the tradition of contemplative prayer that emerged from the practices of a fascinating group of 4th century men and women who fled the cities to seek closer relationship with God in the Egyptian desert. We will explore their pithy and paradoxical wisdom as we learn about (and practice) a variety of forms of contemplative prayer, including using psalms as prayer, awareness reflection, Ignatian imaginative prayer, centring prayer, lectio divina, and shared

Thought for the Week

"Thoughtfulness is the beginning of great sanctity. If you learn this art of being thoughtful, you will become more and more Christ-like, for his heart was meek and he always thought of others. Our vocation, to be beautiful, must be full of thought for others."

- Mother Teresa of Calcutta

silence. If you've never heard of these, it's ok—that's part of the exploration! We will meet on Mondays through Lent, starting on February 23, from 7 to 9 p.m. at the Church of the Epiphany (85 Larch St.). For more information and to register, please contact Patti Brace (pbrace@fibreop.ca, 705-673-1216)

Our Stories: A Lenten morning

We are made of the stories we have told and been told. When we repeat an important story in a place and time set aside for it, we learn something new about the story, ourselves, and the values that guide us. On Wednesday, February 25th at the Church of the Ascension, during the time normally devoted to Bible Study, we will share stories of the Spirit together. The event will give us an opportunity to practice listening as well. Using methods of spiritual direction, we will respond to one another in confidence, with open hearts. Shannon Hengen will facilitate the morning.

Please indicate your interest to Rev. Anne by Monday 16th February. In addition to the usual refreshments after the 9:30am Eucharist, as light lunch will be served. All are welcome. No materials are necessary and the event is free.

Altar Guild

Anne Trimmer, the president of the Altar Guild, would like to invite any women or men who might be interested in being a part of the altar guild to speak to her about this ministry. It involves preparing the altar for worship on Sunday mornings, arranging flowers, and cleaning linens. It is a sacred ministry and requires about two hours of time on a Saturday morning six times a year. Anne

Trimmer can be reached at 705.566.8127.

Bad Girls of the Bible: Book Study

Mary Beth Miller has offered to lead a book study for any women in the deanery on the "Bad Girls in the Bible". It would run weekly for ten weeks and go into Lent. If you are interested in signing up for this study, please contact Bev vanderJagt at bev-

vanderjagt@bell.net

Yard Sale at the Ascension

We will be having a Yard Sale in the spring, but ask you not to bring your items to the church at this time. We do not have sufficient storage room to keep them all until the spring. We will give you drop off dates closer to the time..

Lent 101: The Upper Room Ministries

Lent is a season of the Christian Year where Christians focus on simple living, prayer, and fasting in order to grow closer to God.

When is Lent?

It's the forty days before Easter. Lent excludes Sundays because every Sunday is like a little Easter. Basically, it's about one-tenth of a year (like a tithe of time). Mardi Gras is the day before Lent, which begins with Ash Wednesday. This year it's from February 18th - April 6 (Easter) 2015.

Mardi Gras? What does that have to do with JESUS?

Mardi Gras means "Fat Tuesday." It refers to the day before Lent starts. Since Lent always starts on a Wednesday, the day before is always a Tuesday. And it's called "Fat" or "Great" because it's associated with great food and parties.

In earlier times, people used Lent as a time of fasting and repentance. Since they didn't want to be tempted by sweets, meat and other distractions in the house, they cleaned out their cabinets. They used up all the sugar and yeast in sweet breads before the Lent season started, and fixed meals with all the meat available. It was a great feast! Through the years Mardi Gras has evolved (in some places) into a pretty wild party with little to do with preparing for the Lenten season of repentance and simplicity.

So the real beginning of Lent is Ash Wednesday?

Yes. Ash Wednesday, the day after Mardi Gras, usually begins with a service where we recognize our mortality, repent of our sins, and return to our loving God. We recognize life as a precious gift from God, and re-direct our lives towards Jesus Christ. We may make resolutions and commit to change our lives over the next forty days so that we might be more like Christ. In an Ash Wednesday service, usually a minister or priest marks the sign of the cross on a person's forehead with ashes.

Why ashes?

In Jewish and Christian history, ashes are a sign of mortality and repentance. Mortality, because when we die, our bodies eventually decompose and we become dust/ dirt/ash/whatever. Repentance, because long ago, when people felt remorse for something they did, they would put ashes on their head and wear "sackcloth" (scratchy clothing) to remind them that sin is pretty uncomfortable and leads to a sort of death of the spirit. This was their way of confessing their sins and asking for forgiveness.

Where do the ashes come from?

On what we now call Palm Sunday, Jesus rode a donkey into Jerusalem while people waved palms and cheered him on. Less than a week later, Jesus was killed. The palms that were waved in joy became ashes of sorrow. We get ashes for Ash Wednesday by saving the palms from Palm Sunday, burning them, and mixing them with a little water (like tears) or oil.

What do Christians do with ashes?

At an Ash Wednesday service, folks are invited to come forward to receive the ashes. The minister will make a small cross on your forehead by smudging the ashes. While the ashes remind us of our mortality and sin, the cross reminds us of Jesus' resurrection (life after death) and forgiveness. It's a powerful, non

-verbal way that we can experience God's forgiveness and renewal as we return to Jesus.

So what is LENT?

At Jesus' baptism the sky split open, the Spirit of God, which looked like a dove, descended and landed on Jesus, and a voice from heaven said, "This is my Son, My Beloved, with whom I am pleased." Afterward, as told in Matthew 4:1-11, Jesus was sent into the wilderness by the Spirit. Where he fasted and prayed for 40 days. During his time there he was tempted by Satan and found clarity and strength to resist temptation. Afterwards, he was ready to begin his ministry.

Why "DO" Lent? How do I start?

Are you searching for something more? Tired of running in circles, but not really living life with direction, purpose or passion? It's pretty easy to get caught up in the drama of classes, relationships, family, and work. Our lives are filled with distractions that take us away from living a life with Christ. We try to fill the emptiness inside us with mindless TV, meaningless chatter, stimulants, alcohol, too many activities or other irrelevant stuff. We run away from life and from God.

Lent is a great time to "repent" -- to return to God and re-focus our lives to be more in line with Jesus. It's a 40 day trial run in changing your lifestyle and letting God change your heart. You might try one of these practices for Lent:

Christians from many different traditions celebrate Lent. How will you use the time to grow closer to God?

Top Ten List: THINGS YOU CAN TRY FOR THE LENTEN SEASON

- 10.** Try an electronic fast. Give up TV, texting, tweeting, e-mail and all things electronic for one day every week. (or everyday of Lent!) Use the time to read & pray.
- 9.** Start a prayer rhythm. Say a prayer every time you brush your teeth, hear an ambulance, or check your e-mail. Before you text someone, pray for them.
- 8.** Read one chapter in the Bible each day. (Mark's a good book to start with this year. Psalms, too.)
- 7.** Forgive someone who doesn't deserve it (maybe even yourself.)
- 6.** Give up soft drinks, fast food, tea or coffee. Give the money you save to help folks in crisis.
- 5.** Create a daily quiet time. Spend 30 minutes a day in silence and prayer.
- 4.** Cultivate a life of gratitude. Write someone a thank you letter each week and be aware of how many people have helped you along the way.
- 3.** Be kind to someone each day.
- 2.** Pray for others you see as you walk to and from classes or drive to and from work.
- 1.** Volunteer one hour or more each week with a local shelter, tutoring program, nursing home, prison ministry or a Habitat for Humanity project.

Rev. Penny Ford is the pastor of a small UMC church in Carrollton, Alabama. She loves playing trains and going for walks with her 3 year old son, Jamieson.



The Church of the Ascension Board 2015

Rector's Warden	Erma Howe
Peoples' Warden	Anne Trimmer
Deputy Warden	Harley Moulton
Treasurer	Cathy Dionne
Envelope Secretary	Gladys Abigail
Vestry Clerk	Ralph Mounter
Lay Delegates to Synod: Jennifer Ames, Cathy Jewell, Catherine Bird- Heuft (alternate)	

Representatives of Church Groups

ACW	Cathy Dionne
Mission and Outreach	Anne Trimmer
Property	Wardens
Child and Youth Ministry	Cindy Caines
Worship and Pastoral Care	Rev. Anne
Parish Life	Kathryn Greenidge
Youth Rep	David Caines

Members at Large

Dave Fowler	Noella Fowler
Matt Walchuk	Doug Frozel
Pippa Howard	Michael Sheppard
Brent Leigh	Don McLeod
Chris Cawte	Marie Vitone

Other positions that do not require attendance at meetings

Bulletin Editor	Glenn Lloyd
PWRDF Rep.	Pippa Howard
Webmaster	Kath Greenidge
Parish Auditor	Dave Fowler



Cat Quotes

"There is no snooze button on a cat who wants breakfast." --Unknown

"Cats are smarter than dogs. You can't get eight cats to pull a sled through snow." --Jeff Valdez

"As every cat owner knows, nobody owns a cat." --Ellen Perry Berkeley

"Dogs come when they're called; cats take a message and get back to you later." --Mary Bly

"Cats are rather delicate creatures and they are subject to a good many ailments, but I never heard of one who suffered from insomnia." --Joseph Wood Krutch

"There are many intelligent species in the universe. They are all owned by cats." --Anonymous

"I have studied many philosophers and many cats. The wisdom of cats is infinitely superior." --Hippolyte Taine

Sunday Lectionary for February-April

22 February First Sunday in Lent

Genesis 9:8-17

1 Peter 3:18-22

Psalm 25:1-10

Mark 1:9-15

1 March Second Sunday in Lent

Genesis 17:1-7, 15-16

Romans 4:13-25

Psalm 22:23-31

Mark 8:31-38 or Mark 9:2-9

8 March Third Sunday in Lent

Exodus 20:1-17

1 Corinthians 1:18-25

Psalm 19

John 2:13-22

15 March Fourth Sunday in Lent

Numbers 21:4-9

Ephesians 2:1-10

Psalm 107:1-3, 17-22

John 3:14-21

22 March Fifth Sunday in Lent

Jeremiah 31:31-34

Hebrews 5:5-10

Psalm 51:1-12 or
Psalm 119:9-16

John 12:20-33

29 March Liturgy of the Palms

Psalm 118:1-2, 19-29

Mark 11:1-11 or John 12:12-16

29 March Liturgy of the Passion

Isaiah 50:4-9a

Philippians 2:5-11

Psalm 31:9-16

Mark 14:1-15:47 or
Mark 15:1-39, (40-47)

4 April Holy Saturday

Job 14:1-14 or Lamentations 3:1-9, 19-24

1 Peter 4:1-8

Psalm 31:1-4, 15-16

Matthew 27:57-66 or
John 19:38-42

5 April Resurrection of the Lord

Acts 10:34-43 or Isaiah 25:6-9

1 Corinthians 15:1-11
or Acts 10:34-43

Psalm 118:1-2, 14-24

John 20:1-18
or Mark 16:1-8

12 April Second Sunday of Easter

Acts 4:32-35

1 John 1:1-2:2

Psalm 133

John 20:19-31

19 April Third Sunday of Easter

Acts 3:12-19

1 John 3:1-7

Psalm 4

Luke 24:36b-48

Services of Worship at the Ascension

Sunday morning: Holy Eucharist at 9am and 11am. Sunday school takes place at the 11am service and there is also a nursery for babies and toddlers.

Wednesday morning: Holy Eucharist at 9:30am followed by Bible Study. All welcome!

We have a team of parishioners who are licensed by the Bishop to bring the Reserved Sacrament to individuals or couples who are unable to make it to church on Sunday mornings.

Please call the church office at 705-566-2790 and we will be happy to make arrangements..

Membership at the Ascension

We love it when people say that they are a member of our church, and we want to keep track of our parishioners so that we can send you mailouts, newsletters, and keep you posted on parish events. If you are a new member and wish to be on our parish list, please fill out the form at the bottom of this newsletter and return it to the office, or put it in the offering plate today. If your address, phone number or email address has changed, please fill out the form. Your email address is also important as we have an enews group. We do not give out parishioners emails to any other group.

Agnus Day



Agnus Day appears with the permission of www.agnusday.org

Your privacy

Every week the church bulletin and news and announcements is posted on the Church of the Ascension's website. Sometimes these items include names of individuals within the parish. If you prefer not to have your name on the website, or photos of yourself posted, please let Rev. Anne know so that she ensures your privacy.

The church website address is www.churchoftheascensionsudbury.ca

Family Name: _____

New

Person 1 _____

Person 2 _____

Change of
Address

Address Family As _____

(John & Mary Smith, Mr. & Mrs J. Smith, The Smiths)

Address _____

City _____

Postal Code _____

Phone _____ - _____ - _____ (Please include all 10 digits)

Email address: _____