Church of the Ascension Sudbury Outario

News and Announcements

April 3, 2016

In the parish this week

Rev. Anne will be away from the office this week. In the event of a pastoral emergency please contact Fr. Bob or Rev. Rhonda.

Tonight at 8pm - BCP Evening prayer led by Brent Leigh

Wednesday 6th April at 9:30am - Morning Prayer followed by Bible Study led by Cathy Jewell.

4:30pm - Messy Church led by Beverly Vanderjagt.

- Thursday 7th April at 1:30pm ACW monthly meeting followed by a time of fellowship. This group meets in the Fellowship Hall and all women are welcome.
- Thursday 7th April Sunday 10th April Cursillo weekend at Villa Loyola. Please keep all leaders and candidates in your prayers this weekend.

Messy Church on April 6th

Join us for Messy Church "He's ALIVE, ALIVE" this Wednesday evening at 4:30pm. It's a great time for worship in a family friendly setting. Dinner is always served. Hope to see you there!

Get Fit for Active Living

This exercise for seniors is designed to introduce you to physical activity. It includes three hours of exercise, discussion and education a week. Exercise includes accelerated walking and strength training.

This new class begins on April 19 th and runs until June 9 th on Tuesdays and Thursday's at 9 am. Call the Parkside at 705.673.6227 to find out more or to register.

Thank you from Stand Up!

This week members of the Stand Up Program (a program designed for seniors to help them keep active and remain in their homes longer) thanked the Ascension for their generosity allowing them to use the Fellowship Hall. They said it is the perfect,

bright space for their needs and that this is the purpose of a church - to be a community centre through the week.

Grocery Cards

You are all amazing when it comes to bringing in non perishable food items for those in need. Over the course of a month several car loads of food is carried to the cupboard upstairs and distributed. Sometimes it is to individuals and sometimes to Barrydowne College students or the Mission. Rev. Anne has also been giving out arocerv aift cards to individuals and students in need. These cards are used for perishable food items such as bread, milk, cheese, fruit and veges. If you are able to help with the grocery cards, it would be very much appreciated. Any denomination, any grocery store will do. Thank you for considering this very important ministry of the parish.

Upcoming Sunday School Events

The Sunday teachers are planning a clothing swap and a yard sale during the month of April. Start your spring cleaning early

and gathering items from your closets! The clothing swap will be on Saturday April 2nd and the Yard Sale on Saturday April 23rd. The church does not have room to store any items but will gladly receive then when the time is right. We'll keep you posted.	Thought for the Week "the New Testament proclaims life to the dying, as life and death collide in the cross of Christ, and as life swallows up death" - Dietrich Bonhoeffer
The Ascension is striving to be a nut free and scent free parish, due to the many nut and scent allergies.	Bev has set up a SudburyManitoulin Vaca-
Vacation Bible School Looking ahead to the summer and Vacation Bible School - "Cave Quest" - SAVE THE	tion Bible School page on Facebook and al- so on Pinterest where you can view the Child and Youth Ministry Deanery Sud- bury Manitoulin posts on the Cave Quest Board
DATE The dates have been set for "Cave Quest " our Summer vacation Bible School. The week will be August 8th - 12th 2016.	There will be a fundraiser for VBS held at Boston Pizza on Monday, April 11th from 5 to 8 p.m. If we can get 100 people to at- tend and to say that they are there as part

Dinner Theatre Fundraiser at St. Stephen's on the Hill United Church

St. Stephen's on the Hill will be hosting a dinner theatre "Kitchen Witches:" on Saturday, May 28th, 2016, tickets are \$35.00 per person.

If anyone would more information, please call St. Stephen's @ 705-566-2933.

The Lougheed Family & Staff invite you to a luncheon presentation: "Prearranging a Funeral" - May 10th, 2016

The information required, the options available, the legalities and the costs will be discussed. There is no charge for the presentation or lunch.

Please telephone (705) 673-9591 or email lougheeds@lougheeds.ca to reserve a seat.

> Tuesday, May 10th, 2016 at the Parkside Older Adult Center, 140 Durham Street, Sudbury

Lunch will be served at 12 Noon with the presentation starting at 12:30 P.M. If you know the question about dying isn't "IF" I die but "WHEN" I die then you know prearranging a funeral is a good idea because it's not an "IF" but a "WHEN".

of our fundraising event we will get 10% of their food and non alcoholic order. It is hoped that this will help pay for the re- source material.	they arrive. Please note that the ARK (Refugee group) finances are kept in a separate bank account to the church funds.
Refugee Fund	If you are making a donation to ARK
We are so grateful for your support of the	please write a dedicated cheque to "Church
Refugee family we will be bringing to Sud-	of the Ascension refugee fund". We cannot
bury. Thank you for the donations of mon-	separate funds on one cheque.

Cursillo Weekend

We are pleased to announce, the Diocese of Algoma's first co-ed Cursillo Weekend – open to both men and women. The Deanery of Temiskaming is hosting this, but the location is Villa Loyola in Sudbury. It is being held the weekend of April 7th - 10th, 2016.

What is Cursillo? Cursillo is a Spanish word pronounced "Kur-see-yo" which means short course. The full title is Cursillo de Christiandad, meaning a short course in Christian living. The purpose of Cursillo is to present a method of living which is fundamental for being a Christian in the world, that is, Cursillo presents a way of structuring our Christian lives so as to make a difference in the world. The Cursillo weekend is open to any Baptized adult Christian who is ready for learning and growing experience attained through worship, study, fellowship and personal reflection. (There is also lots of laughter, fun, music and food at a Cursillo weekend)

The Cursillo weekend starts on Thursday evening, and ends late Sunday afternoon. It is a live-in weekend, and candidates are expected to remain for the entire weekend.

If you are interested in deepening your faith please speak to one of the members of the Cursillo team from the Ascension - Erma, Ralph, Mike or to one of the people who has attended a Cursillo weekend - Kath, Jen, or Bruce Heuft

Parish Directory

Email.		ascension@vianet.ca
Web Site	www.	churchoftheascensionsudbury.com
Facebook	https://ww	w.facebook.com/ascensionsudbury
Rector		The Ven. Anne Germond
Hon. Assistant The Rev. Rhonda Hirst		
Hon. Asso	ciate	The Rev. Dr. Robert Derrenbacker
Rector's W	/arden	Erma Howe 705-521-0377
People's W	/arden	Jen Ames
Deputy Wa	arden	Brent Leigh

Laws of Life



• Lerman's Law of Technology: Any technical problem can be overcome given enough time and money.

Corollary: You are never given enough time or money.

- Murphy's First Law for Wives: If you ask your husband to pick up five items at the store and then you add one more as an afterthought, he will forget two of the first five.
- Law of the Search: The first place to look for anything is the last place you would expect to find it.

Corollary: It will not be in the last place you expect to find it.

- Kauffman's Paradox of the Corporation: The less important you are to the corporation, the more your tardiness or absence is noticed.
- The Salary Axiom: The pay raise is just large enough to increase your taxes and just small enough to have no effect on your take-home pay.
- Miller's Law of Insurance: Insurance covers everything except what happens.
- First Law of Living: As soon as you start doing what you always wanted to be doing, you'll want to be doing something else.
- Glenn's Law of Lost and Found: You will find whatever you are looking for in the last place you look

Sunday Lectionary for April – May

10 Apr3rd Sunday of Easter		8 May. 7th Sunday of Easter	
Acts 9:1-6, (7-20)	Revelation 5:11-14	Acts 16:16-34	Revelation 22:12- 14, 16-17, 20-21
Psalm 30	John 21:1-19	Psalm 97	John 17:20-26
17 Apr 4th Sunday of Easter		15 May Day	of Pentecost
Acts 9:36-43	Revelation 7:9-17	*Acts 2:1-21 or	Romans 8:14-17 or
Psalm 23	John 10:22-30	Genesis 11:1-9	Acts 2:1-21
24 Apr 5th Sunday of Easter		Psalm 104:24-34, 35b	John 14:8-17, (25- 27)
Acts 11:1-18	Revelation 21:1-6	22 May Trin	
Psalm 148	John 13:31-35	Proverbs 8:1-4, 22-	Romans 5:1-5
1 May 6th Sunday of Easter		31	
Acts 16:9-15	Revelation 21:10, 22-22:5	Psalm 8	John 16:12-15
Psalm 67	John 14:23-29		
	or John 5:1-9		

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 parishioner's emails to any other group.



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:	
Person 1	
Person 2	
	(John & Mary Smith, Mr. & Mrs J. Smith, The Smiths)
Address	
	Postal Code
Phone	(Please include all 10 digits)
Email address:	

Agnus Day