



*logo and artwork by Paula Jones*

ASCENSION MEMORIAL CHURCH  
A Parish of the  
Episcopal Diocese of Massachusetts

Flourishing - Family - Community

*To bear witness to the Spirit of God  
we see in Jesus as an Episcopal community open to all,  
centered in worship, Christian education, table fellowship,  
care for the environment,  
and compassion for neighbors local and global*

March 5, 2023

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## The Candles

## The Singing Bowl

*Take a moment to listen to the sound of the bowl  
as it echoes and reverberates through the church and slowly fades away.*

## Opening Invocation

*As we gather here in this harbor of safety, we give thanks for fellowship and family.  
We ask for strength in all adversity and the inspiration to love and care for one another.  
Let our hearts be filled with peace and understanding  
so that as we journey onwards, we pour out love and grace to others.  
We ask that our souls catch the wind of the Spirit  
so that we may carry the promise of peace and joy to all the earth.*

## Welcome

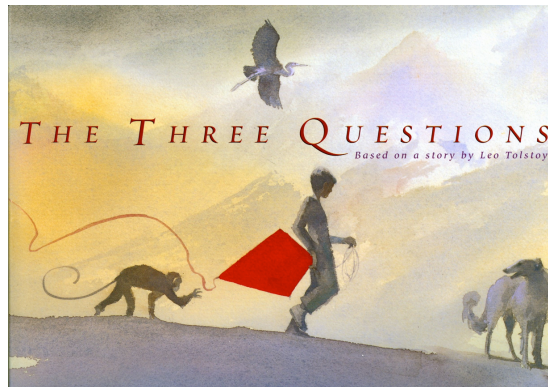
## Prayer Cards

*We all want to be to be as helpful as we can and it's not always easy.  
Let's pray for encouragement to help someone or something in our family, neighborhood, or world.  
Let me be helpful to:*

*(You can indicate on the card if you wish your prayers to remain private.)*

## Music Meditation

## Reading - *The Three Questions*



*When is the best time to do things?  
Who is the most important one?  
What is the right thing to do?*

When young Nicolai seeks counsel from Leo, the wise old turtle who lives in the mountains, he is sure Leo will know the answers to his three questions. But it is Nicolai's own response to a stranger's cry for help that leads him directly to the answers he is looking for. Jon J Muth combined his studies of Zen with his love for Tolstoy to create this profound, yet simple book about compassion and living in the moment.

## Reflection

Vicki Hughes

*I see trees of green, red roses too;  
I see them bloom for me and you,  
And I think to myself, what a wonderful world.*

*I see skies of blue and clouds of white,  
The bright blessed day, the dark sacred night,  
And I think to myself, what a wonderful world.*

*The colors of the rainbow, so pretty in the sky,  
Are also on the faces of people going by,  
I see friends shakin' hands, sayin' "How do you do?"  
They're really saying "I love you."*

*I hear babies cryin', I watch them grow;  
They'll learn much more than I'll ever know,  
And I think to myself, what a wonderful world.  
Yes, I think to myself, what a wonderful world.*

## The Prayers

### The Blessing Over the Bread

*Just as rain and snow fall from the heavens and return not again, but water the earth,  
bringing forth life and giving growth, seed for sowing and bread for eating;*

*So is the love that flows through us, bringing us life and giving us growth;*

*It will not return empty, but will break open our life as a gift for feeding others,  
just as we now break open this loaf of bread as a gift for feeding one another.*

*During the breaking of bread, please feel warmly invited to come forward to receive a  
piece of bread as a sign of your place in the family of things*

### Blessing & Dismissal

*Life is short, and we do not have too much time  
to gladden the hearts of those who walk the way with us;  
so be swift to love, make haste to be kind,  
and may the Blessing of the One who created us,  
redeemed us, and who walks always with us,  
be with us and all those we love, this day and always. Amen.*

### The Candles

Please join us for *Pasta in the Parlor* and *Movie Night* following the service.

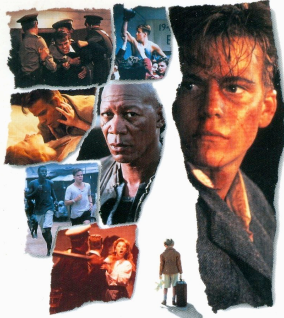


### **Pasta in the Parlor at 5:30 PM**

A fellowship gathering and meal for all prepared by our own Lucas Callahan, pasta chef extraordinaire. Please let us know ahead of time if you plan to attend so we'll know how many to prepare for.

Call the office at **978-356-2560** and leave a message or email us at **[amcipswich@verizon.net](mailto:amcipswich@verizon.net)**

FROM THE ACADEMY AWARD-WINNING DIRECTOR OF "ROCKY" AND "THE KARATE KID."



STEPHEN DORFF JOHN GIELGUD MORGAN FREEMAN

**THE POWER OF ONE**

An exhilarating epic of a triumph of the heart.

### **Movie Night at 6:15 PM**

From the Academy Award - winning director of *Rocky* and *The Karate Kid* comes a story as explosive as today's headlines. Morgan Freeman (*Deep Impact*), John Gielgud (*Arthur*) and Stephen Dorff (*Blade*) star in *The Power of One*, a compelling, hard-hitting movie from hitmaker John G. Avildsen.

An orphan terrorized for his family's political beliefs, young PK turns to his only friend: a kindly, world-wise prisoner (Freeman) who teaches him how to box. "Little beat big when little smart," the prisoner tells PK. "First with the head, then with the heart." Living by those words, PK (Dorff) fights with his fists and leads with his heart as he grows to manhood. He takes on the system and the injustices he sees around him - and finds that one person really can make a difference.