

**ASCENSION MEMORIAL CHURCH**  
**Flourishing - Family - Community**  
**A Parish of the Episcopal Diocese of Massachusetts**

P.O. 547, 31 County Street, Ipswich, MA 01938  
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**TIDINGS WEEKLY**  
**March 10, 2019**

**CIRCLE OF CARE**

**Second Sunday of the Month, 4 - 5PM**  
**Ascension Memorial Church - St. Matthew's Parlor**  
**Martha W. Hickman's *Healing After Loss* will serve as our guide.**

The narrative of our life is altered in deep, significant and troubling ways when we lose someone of great significance. Even when we can foresee the loss, and often we cannot, returning to our narrative after such a loss is never easy. We face having to live our life in a new way, we are required to adjust and learn how to carry with us the weight of grief. That said, it helps to know we are not alone. Worse than the fear of sharing our loss with others, is the fear of having no one with whom to share our loss. **Circle of Care** is a fellowship of support for learning how to live within a new narrative, a way of living that honors and acknowledges loss while not being limited and defined by loss. **Circle of Care** is open to all and will meet **every second Sunday of the month from 4-5PM**, co-led by Ascension Rector Bradford Clark and Ascension Parishioner Brandon Schroeder.

**THE GRACE AND CHALLENGES OF AGING**

**next meeting:**

**Sunday, March 10th after the 10:15 service in the Rector's office**

Please feel free to come even if you were not at our first gathering. After getting a cup of coffee or tea we will gather in a circle in the sanctuary to share our wisdom and worries about the aging process and what can fortify us in this last important journey. Everyone is welcome whether you are at this stage of life or thoughtfully looking ahead for yourself or others. If you have questions please give Helen Danforth a ring at 978 356-4985.

*Reverend Roger W. Cramer*

**VOLUNTEERS NEEDED TO HELP WITH SHAMROCK & ROLL**

**on Saturday, March 16th**

Sign up in the Parlor or email

Kitty Bartholomew: bartcreate@gmail.com

**OUTREACH MISSION EFFORT- DINNER BELL**

Dinner Bell is a weekly Monday community dinner, held at the Masonic Lodge, and another service effort we at Ascension are committed to. Join us on **Monday, April 1st** as we spend a couple of hours helping to prepare and serve the food, expertly cooked by a member of the Lodge. The evening is for the entire Ipswich community, so fill out the sign-up sheet in St. Matthew's Parlor and share a meal with your neighbors.

## SHROVE TUESDAY EVENING OCCASIONS NEW RESOLVE

"**The Green Team**" from the Ipswich Middle School made us all sit up and take note:

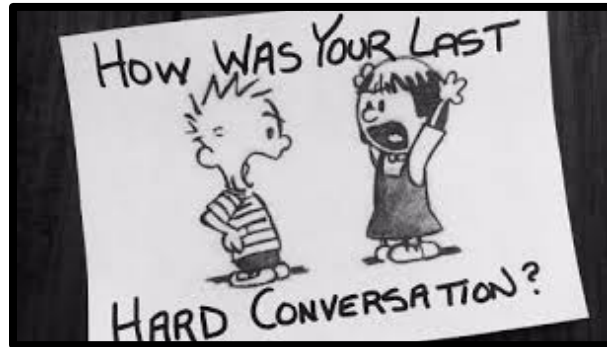
Plastics are a health hazard to all living things! Ascension believes giving up the use of plastic more than qualifies as a worthy Lenten discipline, to be extended indefinitely. Please note our renewed efforts during Coffee Hour as we have eliminated plastic stirrers, styrofoam cups and plastic utensils. We are initiating food composting and appreciate everyone's help as we roll this out. Of course, curbside recycling continues to be a weekly priority.

### **Here are steps recommended by The Green Team we can all take toward a healthier world free of plastics:**

- Fill water in a reusable bottle and bring it home with you. Refuse single-use plastic water bottles at events, meetings, etc. — and tell people why.
- Don't buy body and facial scrubs — the tiny beads are usually made of plastic and end up in the food stream.
- While grocery shopping, try to choose fruit and vegetables that are not wrapped in plastic and put your items loose in your cart, do not use plastic bags.
- Bring your own reusable shopping bags when shopping.
- Avoid using single-use plastic plates, knives, forks, etc.
- Say no to plastic straws in your drinks.
- Don't celebrate with balloons, or balloon releases, because there is a strong chance the balloons will land in the ocean, choking seabirds, turtles and marine mammals.
- Use good old-fashioned bar soap — it works as well as liquid soap and lasts longer.
- Buy butter wrapped in paper instead of in a plastic tub.
- Buy food in bulk to avoid small containers of plastic such as yogurt.
- Ask for alternative packaging when styrofoam or plastic is offered.
- Call or email companies, or speak to managers, to request non-plastic/styrofoam packaging choices.
- Take off and leave plastic/styrofoam packaging at stores and ask them to get rid of it.

## **“Holding the Hard Conversation”**

2019 Ascension Memorial Church Lenten Series  
Wednesday Evenings, 6-8PM, Bread and Soup Dinner  
St. Matthew’s Parlor  
3/13/19 thru 4/10/19



"Holding The Hard Conversation" is a five-part series designed to help participants address difficult topics with those they love. The series begins by offering helpful skills, advice, and encouragement for how we can share a conversation honestly and respectfully about issues we may consider too painful or shameful to discuss. Subsequent evenings will focus attention on specific topics, all of which we face daily but too often choose to avoid. Trained, experienced leaders in their fields will help us hold the hard conversation on such topics as domestic abuse, drug abuse, dementia, and racism.

### **2019 Lenten Series Schedule**

1) March 13, 2019

Topic: *Holding The Hard Conversation On **Drug Abuse***  
Presenters: Cheryl and David Clark, Co-Conveners of "Learn To Cope"

2) March 20, 2019

Topic: *Holding The Hard Conversation On **Racism***  
Presenters: Becky Alden, Grace Clark, Jane Cutting, Jon Hattaway,  
Diocesan Facilitators for Anti-Racism Training

3) March 27, 2019

Topic: *Guidelines for **Holding The Hard Conversation***  
Presenter: Chuck Doran, Director and Founder of MWI,  
Mediation/Negotiation Trainer

4) April 3, 2019

Topic: *Holding The Hard Conversation On **Dementia***  
Presenters: Beth Burrige and Ellen Graham from Senior Living Advocates

5) April 10, 2019

Topic: *Holding The Hard Conversation on **Domestic Abuse***  
Presenter: The Rev. Anne Marie Hunter, Director and Founder,  
Safe Havens Interfaith Partnership Against Domestic Violence

## EPISCOPAL CHURCH #101 CLASSES

to begin on Sunday, March 10th, 2019 at 9:00AM

Starting Sunday, March 10th, 2019, the Rector will offer a series of 5 CLASSES as an informative overview of the history, liturgy, theology, and distinct spirit and character of The Episcopal Church. All inquiring minds are invited to participate in these conversational sessions, especially those seeking to be confirmed or received into the Episcopal Church by Bishop Gayle Harris on May 18th, 2019 at the North Shore Deanery Confirmation Service to be held at Trinity Church, Topsfield.

If you wish to be confirmed or received this Spring, participation in these classes is required. Please contact the office at [978-356-2560](tel:978-356-2560) by Monday, March 4th to register. Classes will be held in St. Matthew's Parlor from 9-10AM Sunday mornings on March 10, 17, 24, 31, and April 7. A diocesan confirmation Retreat for youth being confirmed will be held at the Barbara Harris Conference Center, April 5-6, 2019.

### March and April 2019 Session Topics:

1st Class **3/10/19**- Introduction: "Why bother with religion at all?"

2nd Class- **3/17/19** - History and Spirit of the Episcopal Church

3rd Class- **3/24/19** - Book of Common Prayer and Liturgy

4th Class- **3/31/19** - Bible Basics

5th Class- **4/07/19** - Spiritual Practices and Review

### THIS WEEK AT ASCENSION

For additional information and listings, please visit our website calendar: [amcipswich.org/calendar/](http://amcipswich.org/calendar/)

**Parish Office Hours: Tuesday through Friday - 9:00am to 1:00pm**

<b>03.10 Sunday</b>	8:00AM - Holy Eucharist Rite I 9:00AM - Episcopal Church 101 Class - St. Matthew's Parlor 10:15AM - Holy Eucharist Rite II 11:45ishAM - Graces & Challenges of Aging - Rector's Office 4:00PM - Circle of Care - St. Matthew's Parlor
<b>03.11 Monday</b>	12:15PM - Holy Silence
<b>03.12 Tuesday</b>	11:00AM - Ipswich Aware Meeting - St. Matthew's Parlor
<b>03.13 Wednesday</b>	9:30AM - Bible Study - St. Matthew's Parlor 5:30PM - Holy Silence/Holy Communion 6:00PM - Lenten Series - Holding the Hard Conversation-Drug Abuse - St. Matthew's Parlor 7:30PM - Adult Choir Rehearsal - Church 7:30PM - Chorus North Shore Executive Committee Meeting - Boone Hall Lower Level
<b>03.14 Thursday</b>	4:30PM - Honors Youth Choir - Boone Hall Choir Room 7:00PM - Education for Ministry - St. Matthew's Parlor
<b>03.15 Friday</b>	10:00AM - Ipswich Senior Center St. Patrick's Day Luncheon 5:00PM - TTS/Ipswich Indoor Floor Hockey League - Dorman Gym
<b>03.16 Saturday</b>	8:00AM - AMC Men's Group 7:00PM - ShamRock & Roll - Dorman Gym
<b>03.17 Sunday</b>	8:00AM - Holy Eucharist Rite I 9:00AM - Episcopal Church 101 Class - St. Matthew's Parlor 10:15AM - Holy Eucharist Rite II

 **ShamRock & Roll** 

**A St. Patrick's Day Celebration & Food Drive**

with

**Orville Giddings Band**



**Saturday March 16<sup>th</sup>**

**7:00 PM – 10:00 PM**



**Ascension Memorial Church**

Boone Hall, Dorman Gym

31 County Street, Ipswich

Event includes Food Drive for  
The Open Door Ipswich Community Food Pantry

**Bring Needed Food Items To Event!**

PEANUT BUTTER • CEREAL • 100% JUICE • TUNA  
CANNED CHICKEN



Great Live Music  Light Snacks  Gift Baskets

**Tickets: \$20/person**

For more information call: 978-356-2560