

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

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TIDINGS WEEKLY
March 17, 2019

THE GRACE AND CHALLENGES OF AGING

next meeting:

Sunday, April 7th after the 10:15 service in the Rector's Office

We plan to pick up again after we get through March and its unreliable weather! Please join us after the 10:15AM Service. Get a cup of coffee or tea and gather in the Rector's Office 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

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 8th** 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.

FAMILY PROMISE – TASTE THE PROMISE

You're invited to Taste the Promise on Wednesday, May 1st at Danversport Waterfront. This annual Family Promise fundraiser and live auction generates funds to "end homelessness one family at a time." Join volunteers, sponsors and supporters to enjoy delicious samples from more than a dozen generous North Shore restaurants. Hear from "graduates" who have felt the positive impact of Family Promise on their journey to sustainable housing.

Tickets are \$60 each. Tables for Ten make it easy to relax together. Reserve online at the Family Promise Events page at www.familypromisensb.org or call the Day Center at 978-922-0787 for more details.

SHROVE TUESDAY EVENING OCCASIONS NEW RESOLVE

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

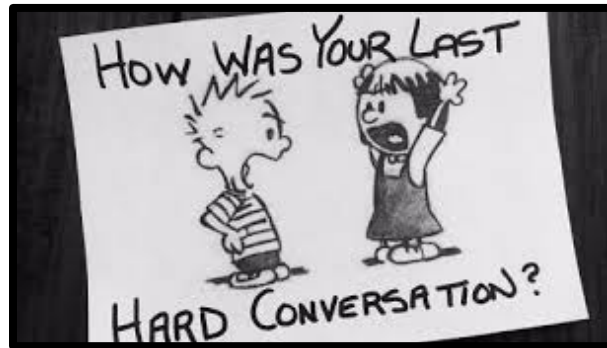
Plastics are a health hazard to all living things! Ascension believes giving up the use of plastic more than qualifies as a worthy Lenten discipline, to be extended indefinitely. Please note our renewed efforts during Coffee Hour to use the recycle and compost bins as instructed.

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 Burrridge 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/

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

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| 03.17 Sunday | 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 7:00Pm - Adult Floor Hockey - Dorman Gym |
| 03.18 Monday | 12:15PM - Holy Silence |
| 03.19 Tuesday | 11:00AM - Ipswich Aware Meeting - St. Matthew's Parlor |
| 03.20 Wednesday | 9:30AM - Bible Study - St. Matthew's Parlor 4:00PM - Outreach & Missions Meeting 5:30PM - Holy Silence/Holy Communion 6:00PM - Lenten Series - Holding the Hard Conversation-On Racism - St. Matthew's Parlor 7:30PM - Adult Choir Rehearsal - Church 7:30PM - Vestry Meeting - St. Matthew's Parlor |
| 03.21 Thursday | 4:30PM - Honors Youth Choir - Boone Hall Choir Room 7:00PM - Education for Ministry - St. Matthew's Parlor |
| 03.22 Friday | 5:00PM - TTS/Ipswich Indoor Floor Hockey League - Dorman Gym |
| 03.23 Saturday | 8:00AM - AMC Men's Group 9:00AM - Raise Against Hunger - Dorman Gym |
| 03.24 Sunday | 8:00AM - Holy Eucharist Rite I 9:00AM - Episcopal Church 101 Class - St. Matthew's Parlor 10:15AM - Holy Eucharist Rite II 12:00PM - Partners In Development - Annual Celebration - Dorman Gym |