

THE PARISH PAPER 

Pages 10 and 11 are the month's calendar which is in a separate attachment.

The Episcopal Church of the Ascension

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www.knoxvilleascension.org

The Rt. Rev. Charles G. vonRosenberg, Bishop of East Tennessee
The Rev. Dr. Howard J. Hess, Rector
The Rev. Robert P. Travis, Associate Rector
The Rev. Brett P. Backus, Associate Rector
The Rev. Mary Lee Bergeron, Priest Associate
The Rev. Amy H. Morehous, Deacon

March 2010

WOW!

Over 96% of the amount needed to repair the roof and employ a full-time Youth Director has already been pledged.

Thank you!

Deadline for April *Parish Paper*: March 16

Service Schedule for March

Sunday, March 7 - Third Sunday in Lent

8:00 AM Holy Eucharist I

10:30 AM Holy Eucharist II

Appointed Readings: Exodus 3:1-15; Psalm 63:1-8; 1 Corinthians 10:1-13; Luke 13:1-9

Sunday, March 14 - Fourth Sunday in Lent

8:00 AM Holy Eucharist I

10:30 AM Holy Eucharist II

5:00 PM Taizé service

Appointed Readings: Joshua 5:9-12; Psalm 32; 2 Corinthians 5:16-21; Luke 15:1-3, 11b-32

Sunday, March 21 - Fifth Sunday in Lent

8:00 AM Holy Eucharist I

10:30 AM Holy Eucharist II

Appointed Readings: Isaiah 43:16-21; Psalm 126; Philippians 3:4b-14; John 12:1-8

Sunday, March 28 - The Sunday of the Passion: Palm Sunday

8:00 AM Holy Eucharist I

10:30 AM Holy Eucharist II

5:00 PM Taizé service

Appointed Readings: Isaiah 50:4-9a; Psalm 31:9-16; Philippians 2:5-11; Luke 22:39 — 23:49

Holy Week Schedule

Monday, March 29, and Tuesday, March 30 — Holy Eucharist at 5:45 PM

Wednesday, March 31 — Holy Eucharist with healing at 12 NOON

Tenebrae — 7:30 PM

Thursday, April 1 — Agape meal and Maundy Thursday service — 6 PM

Friday, April 2 — Holy Eucharist with Reserved Sacrament — 7 AM

Good Friday Liturgy with Meditations — NOON - 3 PM

a letter from Father Howard

Ash Wednesday,

February 17, 2010



Dear Brothers and Sisters In Christ:

I'm writing this letter to you on the first day of Lent. My mind is still filled with images of our enjoyable and successful Mardi Gras event last night that went a long way toward helping launch our next mission trip to Boliva. At the same time, my spirit is being redirected by the call of this day to enter into a period of intentional self-examination and repentance. Our Christian life is like a river, always bringing us back to the source of our identity as a people who follow and are transformed by Jesus Christ.

As I reflect upon what often diverts us from our call to discipleship, I am reminded about how distracted we are by the busyness of our lives. It is more difficult to hear the Holy Spirit speaking to us when our minds are filled by the "chatter" of our lives. This Lent I would encourage each of us to pray that God would increase the power and excitement of our Christian lives. In addition to the practices of daily prayer, Scripture reading and worship, I would suggest that you consider doing the Sacrament of Reconciliation with one of the clergy and that you commit to read a Christian devotional classic book during Lent.

One book I would recommend is *The Interior Castle* by Teresa of Avila. Written originally for the new sisters entering Teresa's order, this book has become one of the great resources for all Christians committed to spiritual growth. Teresa likens our spiritual lives to a journey through the interior of a great castle. It flows from the understanding that our lives have spiritual stages of growth just as we have physical and psychosocial stages. What Teresa observed was that many Christians stay in the outer levels their whole lives--these levels are sunny, safe, and require little reflection or spiritual change. Therefore, their spiritual lives remain both pleasant and shallow. However, for those who go deep-

er, the importance of Christ's call for repentance becomes more clear. On the deeper levels, we communicate more fully with God and see ourselves more completely through Christ's eyes. Some of what we see is disappointing, even frightening, but always Christ is with us to teach us how to become more fully who we were created to be. We also see more clearly how God has blessed us and the spiritual potential we have for growth. The richness of our spiritual journeys is dependent on our willingness to go into these deeper levels. Teresa, like the other Christian mystics, call us to greater depth through self-reflection, repentance, and a sincere willingness to change. Self-reflection and penitence are not forms of self-punishment but an avenue to greater freedom.

My hope as your rector is that we are all willing to take the interior journey to greater transformation into the likeness of Christ. My hope is also that we will not become complacent about our faith, allow our spiritual lives to become cool and uninspired, or our faith practices to become empty and automatic. Further, my hope is that our interior transformation will continue to energize our life together as the Body of Christ. Lent 2010 is an opportunity for us to go deeper. Together let us allow the Holy Spirit to take us to new levels of spiritual self-knowledge, devotion to Christ, and devotion to one another and the world around us. There is no end to the Spirit's ability and willingness to complete a new work in us that is beyond our imagination. Our task is just to say yes to the Spirit's offer.

Thanks be to God.

Yours In Christ,
Father Howard



Report from the Vestry February 9, 2010

Following Eucharist, Father Howard called the meeting to order with the prayer of Bishop Clay Matthews.

Treasurer's Report

Michael Terry-Cochran presented the summary financial report for January 2010. Pledge income was about \$20,000 more than budget. Unpledged contributions were slightly higher than budget. As a result, total operating income was \$22,200 more than budget. Net operating expenses for January were slightly less than budget.

Finance Committee Report

John Pannell provided the vestry with a copy of the Statement of Cash Receipts and Disbursements for Year Ending Dec. 31, 2008, which includes the Independent Audit Report for 2008. The audit report states "there were no significant difficulties in dealing with management in completing the audit. However, delays did result in the audit not meeting the reporting deadline of Sept. 1, 2009, established by the Diocese of East Tennessee". It was noted that most parishes in East Tennessee have not made the deadline in the past, but the diocese will be improving its enforcement of delinquencies. Ascension plans to be timelier in the future.

The audit report identified the need for six adjustments to the ledger, including correction for a funds transfer that was inadvertently double counted and return of several receipts to the proper accounting year. The only finding of significant weakness was that ledger and bank statements were not reconciled for the entire year. It was noted that the ledger and bank statements will be reconciled in a timely manner this year.

Rector's Report

Fr. Howard reported a positive response from parishioners regarding last Sunday's sermon and the need for additional funds to support the initiatives adopted by the vestry during the January retreat. Increased pledges have been received from 30 parishioner families, plus one new pledge and one

gift, totalling \$67,235 toward our goal of \$112,000. A letter will be going out in the near future emphasizing the reasons additional funds are needed. The vestry commented that it is often easier to give more if you know what you're giving it for. Fr. Howard added that the people of Ascension have a history of "stepping up" when there is a demonstrated need.

Sr. Warden's Report

Julie Hembree thanked the vestry for their visible presence on Sunday after the retreat, indicating the vestry's support of the resolutions they passed and for being present at church services and other social functions wearing their vestry name tags. Parishioners need as many opportunities as possible to talk with the church's leaders, ask questions and express their opinions.

Jr. Warden's Report

Bert Ackermann reported that the Alpha Program is going well. Fr. Howard responded that several Alpha participants indicated they plan to transfer their membership to Ascension. Fr. Howard was commended for his most recent Alpha presentation, and it was suggested the message be woven into a future sermon. The new church website is making progress and will be a great addition to our communications with parishioners and those who may want to become parishioners.

Website Design Review

Fr. Brett Backus led the vestry in an overview of two possible formats for the new church website. Vestry members experimented with both alternatives and provided feedback to be used going forward. Work will continue on the website to be coordinated with the Communications liaison, Visioning Team and others as needed.

Request for Sabbatical Leave

Fr. Howard presented a request to the vestry for a three-month sabbatical leave, potentially beginning late June through September (i.e., between weddings). Diocesan policy strongly recommends that its clergy personnel "take a sabbatical of no less than three months every five to seven years. The purpose of a sabbatical leave is to provide an opportunity for those on sabbatical to rest." Per diocesan policy, Fr.

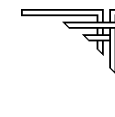
Howard's salary would continue, allowing him to finance the sabbatical himself.

Julie Hembree commented that the rector's job is very demanding and a sabbatical will provide rest and reflection so that Fr. Howard may lead us more effectively. We should also be concerned with Fr. Howard's own spiritual life and afford him the opportunity for renewal and growth for himself.

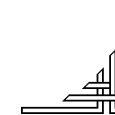
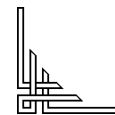
Fr. Howard stated that he will communicate back to Ascension during his time away, to share his thoughts and what he is learning. This experience will give him new materials and inspiration for his sermons. Vestry approval was unanimous for Fr. Howard's request for sabbatical leave.

The vestry meeting was adjourned with Julie Hembree leading the closing prayer.

Julie Hembree
Senior Warden



The March donor for the support of our mission work at Cristo, Pan de Vida church in Santa Cruz, Bolivia, is Kevin Robertson.



The People We Select in our Life Journey

Join us for the third in our series of programs featuring special speakers with time for discussion and questions.

On Sunday, March 14, 2010, Dr. Glenn Graber will speak on *Facing Mortality with Friends and Family*.

The talk begins at 3 PM and is followed by a cheese and wine reception.

The Taizé service follows in the chapel at 5 PM.

Come be a part of this stimulating series.

Body and Soul

Cathy Wadley leads an early Pilates exercise class each Tuesday and Thursday morning at the church. It is a fellowship ministry with exercise, meditation, and prayer and has become a very popular offering. A random sampling of reaction to the class follows:

There couldn't be a more perfect name for Cathy Wadley's Pilates class! In an affirming and positive start to each Tuesday and Thursday morning, the troops gather around 7:30 AM to "warm up" with moderate weights and aerobic "heart starters!" At 7:55, the Pilates class begins, and Cathy skillfully leads us to strengthen our core, our arms, our legs, our glutes, our backs . . . let's see - is there any other part to strengthen? Oh yes, our souls. Cathy has selected wonderfully upbeat praise music on which we can focus while exercising. And, to me, the best is like dessert at the end of a rigorous workout: prayer, meditation, and connection to the Holy Spirit. We are blessed to have Cathy sharing her gifts and ministry at Ascension. Bonnie Cockburn

The Tuesday and Thursday 7:30 weight and 7:55 Pilates Mat Class provides a marvelous small group experience. Cathy Wadley's mission of sharing her energy, extensive training and qualifications as a Pilates instructor - priceless! You really can get to know people from a whole different perspective while on a mat on the floor. There is a common bond among friends (both male and female) whom you exercise with that transcends any presumptions one might have. God is so present in this class and really does not care how you look as you move through a shared experience. It is a great way to start the day - exercising and enjoying the company of others. Beth Harris

I joined Cathy's Pilates class last November after looking for an early morning class for a long time and not finding one. I like being finished by 9 AM with the whole day ahead. I didn't know many of the people in the class when I started, but we've bonded over the months with laughter and groans as we try to push ourselves each month to advance a little beyond where we were the previous month. Sometimes we succeed and sometimes we don't, but always we are benefited as we try to coordinate body, mind, and spirit. Cathy's easy-to-follow style of teaching includes clear explanation, demonstration, and running narration for guidance through the sequences of movement. She combines this with beautiful music, prayer, and humor. She does a great job of mixing things up and adding new refinements so that no two classes are ever exactly alike. We're training our minds to concentrate and focus as we work at our own pace and choose our own level of challenge. We conclude each class with a brief relaxation and silent meditation. All this leaves me feeling wonderful and has almost cured an upper arm problem that

had bothered me all last summer and appears now to have been just weakness in the muscle. Cathy's gift of time and talent ministers to my Temple of the Spirit in a fun and easy way that I am truly grateful for. Suzanne McNabb

Other Brothers of Ascension Yard Sale

On Saturday, April 24, The Other Brothers of Ascension will be hosting a yard sale to support the 2010 Bolivia Mission Trip. The mission trip will be taking place this summer with 13 parish members, (including the high school confirmation class and chaperones) returning to Cristo Pan de Vida, in Santa Cruz. The trip to Cristo Pan de Vida will continue Ascension's support of their truly wonderful children's ministry, outreach activities to increase the church's presence in the neighborhood, and likely some construction on the new building they have recently moved into. I was blessed with the opportunity to go on the Bolivia mission trip last summer. That experience had a profound impact on the people of Bolivia as well as on those of us fortunate enough to go. It was a life-changing event for me, and I am sure all of those who went in 2009 would say the same thing. I encourage you to speak to us about our experience, and I humbly ask that you continue supporting this cause so that others, both in Bolivia and in our church, may be blessed in the same way that we were.

As you know, mission efforts like this depend on fundraising efforts, and all proceeds from the Yard Sale will go directly toward the Bolivia mission trip. Your generous donations to the 2009 Yard Sale raised over \$3,300 and we hope, with your help, to do even better in 2010. Donations of any type, large or small, are welcome and very much appreciated. Those wishing to donate may begin dropping off items in Room 105 downstairs beginning on Monday, March 15. If you have large items that you cannot bring to the church, The Other Brothers will go to homes to collect these types of items on two Saturdays. Please contact David Smelser at smelser@gmail.com if you'd like to schedule a pickup or have any questions. Also, anyone wishing to obtain a tax deduction form for charitable contribution can speak to Bob Wadley.



David Smelser in Bolivia last summer

David Smelser

The Lunch Bunch — Alive and Well



Front row: Hank Barker, Hank Frandsen, George Nennstiel, and Al Hudson.
Back row: Leo Holloway, Chris Pannell, Kermit Duckett, moderator, Dave Traver, and Walter Law

On January 19 the Lunch Bunch met for its regular social time, lunch, and a very special program. Members of Ascension who are veterans of World War II and of the Korean War shared stories from their war years in service to our country. Moderated by Kermit Duckett, the program featured Hank Barker, Hank Frandsen, Leo Holloway, Al Hudson, Walter Law, George Nennstiel, Chris Pannell, and Dave Traver. Rave reviews followed the program with gratitude for an enjoyable event but more especially for the courage and service which these men represented. Thanks go to Susan Pannell for coordinating the program.

The Lunch Bunch will meet again on March 16 with an early St. Patrick's Day celebration. The program will be a Book Buzz with Flossie McNabb and Martha Arnett from Carpe Librum who will talk about the philosophy for their independent bookstore. They will discuss books in general as well as

the ways they feature local authors, foster book clubs, and other special events of interest to the community at large.

All parishioners who have published works of fiction, non-fiction, poetry, or scholarly works are encouraged to attend and to bring a copy of their book or books to be displayed.

Please join the Lunch Bunch on Tuesday, March 16, at 11:30 for social time, lunch at noon, and the program beginning at 12:30. Wear green, bring a favorite dish — casserole, vegetable, salad, dessert — and enjoy an interesting program and good fellowship with other members and friends of Ascension. If you are planning to come, please sign up in the office. Also, if you would like to receive communications regarding Lunch Bunch activities in the future, there is a sign-up sheet for that purpose as well.



memories and memorabilia

There Is No Place Like Ascension On Valentine's Day

n a cold and snowy Valentine's Day, with no home to celebrate and everything they owned in a few flimsy suitcases, three homeless families arrived at Ascension. They never expected what was waiting for them! Not only was the building warm and cozy, not only were the friendly faces of Susan Pannell and Barbara Corey welcoming them to the Church of the Ascension but their bedrooms (our Sunday School rooms) were filled with Valentine surprises!

On each bed was an embroidered, personalized pillowcase - made by Amy Avery. The Ascenders youth group had tie-dyed some of the pillowcases and made valentines for each family member. Also, on each bed was a new pair of pajamas for each child provided by Patti Kirk, Louella McElroy, and Jacqueline Soltys. And the squeals and whoops of joy could be heard throughout the halls!

When they got settled in, a Valentine's Party planned by Dania and Elizabeth Leatherman with help from Peggy Giles, Barbara Strehlow, Laurel Humphreys, Eva and Effie Kropp, Natalie Harris, Melinda Mase, Joy Dixon, Sandra Emond, and Carianne Mystrick (from Cedar Springs Presbyterian) was just beginning. Games of Bingo and Drop The Letter In the Mail Box were enjoyed by all with wonderful prizes. After pizza, salad, chocolate cake and brownies for dinner, the families settled in their rooms for the night. The families felt cared for and safe with parishioners Dane and Peggy Nesmith spending the night in a room down the hall.

Valentine's Day is all about love and Ascension's love was evident on this special Valentine's night!



Mya and Malachi enjoy their new pajamas and Mya's pillowcase.



Mya and Malachi, Elizabeth Leatherman, Ella and Effie Kropp

Noteworthy —

news from our Director of Music



On Sunday, March 21st, FOMA will present organist David Higgs in recital at 5 in the afternoon. David is professor of music and chair of the organ department at the Eastman School of Music in Rochester, New York. He is also the organ teacher of Malcolm Matthews, the young Ascensionite who is in his third year of studies as an organ major at Eastman.

I have been following David's career for many years now, having heard him at his first recital at a national convention of the American Guild of Organists, back in Houston in 1988. His career took off after that, and it so happens that David will be a featured recitalist again this summer for the AGO's national convention in Washington D. C. While a program has not yet been submitted for his date here on the 21st, his recital program for Washington is already on the convention website. I would wager that some of the pieces will be the same, as it is always helpful for performers to work out the butterflies on a high-profile program in the provinces in advance. Look for possibly the Variations de Concert of Joseph Bonnet, Charles-Marie Widor's Symphonie VI, and J. S. Bach's Passacaglia and Fugue in C Minor.

You may remember from a year or two ago that Malcolm's parents, Ross and Evelyn, financed a capital improvement on the organ, namely, the installation of a combination action system. With this new system the player is able to draw any number of stops on the organ into play at the touch of a button. For recital work this makes playing the organ vastly simpler, and also enables John Brock and me to enjoy the program downstairs rather than pull stops during the program. A page turner may still be needed, but that isn't nearly as nerve-wracking a proposition, and doesn't require advance rehearsal (and David Higgs frequently plays from memory).

I continue to be most grateful to Evelyn and Ross, as we ran into a rough patch two years ago when Karl Wilhelm (the builder of the organ) installed the combination action. The project ended up requiring additional attention and installation, the reasons for which were not immediately clear. Eventually the technical difficulties were solved, and the Matthews family graciously saw this project through to its completion. David's program is one way of celebrating this wonderful gift they have given to our parish family and the community.

Jim Garvey

Save the Date!

VACATION BIBLE SCHOOL

June 7 - 10

9 AM to noon



from our Director of Christian Education

My daughter Grace and I were sitting at the kitchen table having an after school snack, when, out of the blue, she asked, "What would the world be like if that guy hadn't found Jesus guilty and put him to death?" Hmm. I wasn't really prepared for this one. I was busy chewing up a pretzel. "You mean Pontius Pilate?" I said. "Yeah," she said. "Would the world still be like it is now? I mean," she added, "would we all still be Christians?" I could see that this conversation was quickly headed into theological challenges far beyond my abilities.... I thought for a minute and offered a response, "Well, I think there were so many people who hated Jesus and his message, that if it hadn't been Pontius Pilate, it would have been someone else." Thankfully, this answer seemed to suffice for the moment, so we returned to our pretzels and switched to a more manageable topic—her plans for decorating her Valentine box for school.



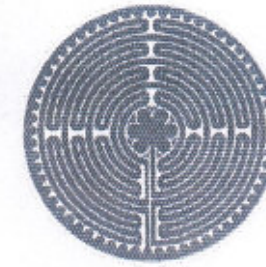
From the time we are born, we work hard to figure out what is subject to change in the world, and what is not. The toddler flips his cereal bowl over and over again and learns that it always spills. The savvy preschooler, on the other hand, learns that sometimes a winning smile and a hug will earn him a cookie, while other times it may not. Teenagers test the world in countless ways, to see which rules are really incontrovertible; our fear as parents is that they will throw themselves against the rules that do not bend. Adults love the heroes who challenge and conquer the limits the world seems to place on us—the ones who break the speed barrier, overcome gravity and learn to fly, invent ways to see at night, conquer illness. We are always verifying—can this part of life be changed? Does what we do make a difference?

As we learn to make choices in life, each decision feels momentous. Try convincing a toddler that it doesn't really matter which shirt she puts on in the morning, or a teenager that the earrings she chooses will not radically affect the

quality of her life! College students worry that their first job will determine the rest of their careers. First-time parents can genuinely suffer over which vegetable to feed their baby first. Now that I sit squarely in middle age, I am discovering a new perspective on the importance of choice in my life. I am discovering, much to my chagrin, that the singular, momentous decisions at life's crossroads may, in the end, have not been nearly so important as the habitual, everyday decisions I make from moment to moment. When you hit middle age you begin to see the power of accumulation—the difference between those of us who have taken time to exercise regularly versus those who have not; the difference between those who have chosen to invest time and energy in friends, and those who have not; the difference between those who have made a point of valuing time with their spouse and children, and those who have not. These choices are small and numerous; they offer themselves to us many times a day. Each one by itself seems almost insignificant. But when my small decisions form a pattern over forty or fifty years, they are as powerful as water dripping on a rock.

I will never make a single decision as momentous as Pontius Pilate's. I am grateful for that. But I believe, as a person of faith, that every decision I make in my life, even the smallest, not only shapes my relationship with God, it makes a difference in God's world. I am too old to break records, invent something new, or cure cancer. But I am never too old to choose to reflect God's goodness in the world by what I say and do. And I am never too old to choose not to. A thousand times a day, year in and year out, that is the choice I am faced with in my daily life. I am feeling grateful, this Lent, that God has given me forty-odd years to practice so far. I've still got a lot to learn.

Jacqueline Soltys



We invite you to join the Labyrinth Guild
Saturday, March 6, 9:00 – 10:30 AM
in the church library.

We will listen to another *Speaking of Faith* program followed by discussion and walking the labyrinth.

The Freelance Monotheism of Karen Armstrong

Karen Armstrong speaks about her progression from a disillusioned and damaged young nun into, in her words, a "freelance monotheist." She's a formidable thinker and scholar, but as a theologian she calls herself an amateur — noting that the Latin root of the word "amateur" means a love of one's subject.

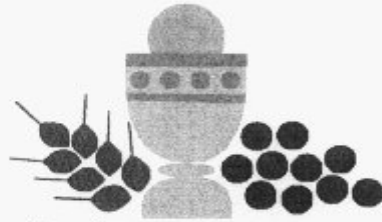
The canvas labyrinth will be set up in the Parish Hall for Stations of the Cross, Monday and Tuesday evenings of Holy Week "The Stations of the Cross (also called the Way of the Cross) is a traditional liturgical devotion commemorating the last day of Jesus' life. The devotion originated with pilgrims in Jerusalem retracing the traditional steps Jesus is believed to have followed on Good Friday. Since not all Christians could make pilgrimages to Jerusalem, however, the custom arose of replicating the devotion in congregational and individual settings, often with images or carvings on the walls of a church to commemorate each of the traditional 14 stations (or stops) on the Way of the Cross."

http://www.episcopalchurch.org/3654_73429_ENG_HTML.htm

Times will be announced in next month's parish paper. For information contact: Beth Harris 865 253-7272 or e-mail: tcb1151@hotmail.com

Soul Food

– A Formation Feast



Come get fed at the Diocese of E. Tennessee Christian Formation gathering, Saturday, March 13, 10 am – 3 pm, at Grace Point.

Specials of the Day

- * Sharing ideas for children/youth/adults, seasonal liturgies and celebrations, Christian Formation resources (things to take home!)
- * Brainstorming ideas for CF in the home, volunteer recruitment and appreciation, involving kids in worship – and more!
- * Breaking Bread together (lunch and a Eucharist)
- * Spirituality oases (breaks in the day to feed your soul)

Please RSVP to Kathleen Crevasse (Kathleen@goodshepherdlookout.com or 423-821-1583).

Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul. John Muir

MUSINGS from The CHURCH MOUSE

Well, here we are nearing spring, and it can't come too soon to suit me. The weather was so bad a few weeks ago, many of the folks I usually see on Sundays couldn't even get to church. I don't get outside much, especially with the cold and snow and ice, but even inside it is cold much of the time. I guess Bob and Byron think they are saving money by not heating the church except when they have to, but it sure makes this little mouse have to find some warm, snug spots to hunker down between Sundays.



And, sometimes, being a mouse is dangerous. I almost got stepped on in the kitchen the other night, and that was just the beginning. Once I had been spotted, you'd have thought there was some kind of monster loose in the church. First screams, then chasing me, trying to smack me with a broom. What an adventure! Fortunately, not everyone thinks a mouse is horrible. For example, I found this little poem which I like:

I think mice
are rather nice.
Their tails are long,
Their faces small,
They haven't any
Chins at all.
Their ears are pink,
Their teeth are white.
They run around
the house at night.
They nibble things
they shouldn't touch
and no one seems
to like them much.
But I think mice
are nice.

Another poem, this one from Scotland, says in part:

"Well, you seem at lodging here in this hoose
Ma wee furry four-legged, long-tailed moose
Aye yer happy to eat ma scraps and tuck my breed
But I wonder what goes on inside that wee heed."

Well, I can tell you that I am very happy to eat "ma scraps," especially after the Mardi Gras party. And what was going on inside my "wee heed" was total joy at seeing so many people having such a good time. Of course, the next day was Ash Wednesday, the beginning of Lent, a season for reflection and rededication. Another thing that brought me happiness was sharing in the outpouring of love for Fr. Rob and Jackie on the birth of their son, Jack. It brought to mind a quick poem by Ogden Nash:

A bit of talcum
is always walcum.

Wedding Guild to meet in March

The members of the Wedding Guild are asked to attend a meeting on Monday, March 15, in Room 101 at 6:30 PM. Please try to attend the meeting if at all possible. We will discuss wedding dates and changes. Light refreshments will be served.

The March Laugh Outing

All Ladies of Ascension: for this month's LAUGH outing, we will meet on Monday, March 8, starting at 6:15 for manicures and/or pedicures at Odyssey PediSpa. We will meet a little earlier than usual so that all can receive their mani/pedis. Please RSVP to Amy at amykavery@hotmail.com by March 1 so that we can schedule your time for you. Bring an appetizer to share while you wait and enjoy the company of friends.

Community Chest

Collection Day

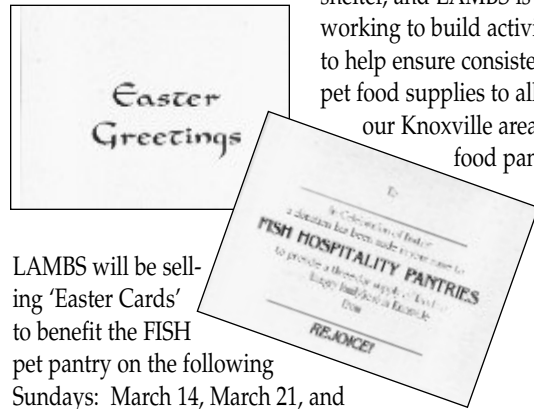
Saturday, March 6, 2009

10:00 - 11:30 AM

in the church parking lot.

LAMBS to offer Easter cards to benefit FISH

Our LAMBS (Pet) Ministry will be selling 'Easter Cards' to benefit the FISH Hospitality Pantries Pet Food Pantry. Recently, we learned that the FISH pet pantry had run out of food to distribute to needy families with pets. This can often mean that the pet is abandoned or dropped off at a shelter, and LAMBS is working to build activities to help ensure consistent pet food supplies to all of our Knoxville area pet food pantries.



LAMBS will be selling 'Easter Cards' to benefit the FISH pet pantry on the following Sundays: March 14, March 21, and March 28 beginning at 9:00 AM each Sunday. We hope you will support this effort by purchasing LAMBS Easter Cards in lieu of commercial greeting cards. Please note that we are 'selling' the cards for donations (amount of your choice) by cash or check (payable to the Church of the Ascension) on these dates.

In future, LAMBS will also offer special occasion cards that can be purchased year-round for birthdays, anniversaries, remembrances. Please be watching for these and also for information about our annual LAMBS Sunday program in May.

Second Sundays Potluck for Young Families and Young Couples

We have some exciting news to share with all of you about new upcoming fellowship opportunities for Young Families

and Young Couples called "Second Sundays" that will begin in March. We will meet monthly on the second Sunday of the month at someone's home for a "themed" potluck and fellowship time. Each Second Sunday will begin at 4:45 PM. Babysitting at the hosts' home will be provided (Please chip in a few \$ to cover the cost of sitters if you have kiddos) so that actual conversations amongst us can be had. Woo Hoo! All you need to bring is a side to share (nothing fancy), your preferred beverage, your appetite, and a desire to have a great time. We will try and have this EVERY second Sunday unless that Sunday falls on a holiday as it does in May (Mother's Day). Come when you can, and enjoy some great food and even better company. Dates for Spring Second Sunday are listed below.

Second Sunday Dates for Spring 2010

March 14, 2010, at the home of Vaiden and Scott Taylor.

Time: 4:45 PM

Theme: *March Madness* (More info to come) Hotdogs and more!

April 11, 2010, at the home of Nancy and Troy Tisue.

Time: 4:45 PM

Theme: *"Flipping" for Spring!* (More info to come) Pancakes for dinner

May 16, 2010, at the home of Amy and Howie Avery.

Time: 4:45 PM

Theme: *Boots and Barbeque* (More info to come) Barbeque and all the fix'ns.

Themes are just to give everyone an idea of a side item that might go well with the main course to share. Host will provide the main course.

Please stay tuned for more information about upcoming Second Sunday events.

Worldwide Marriage Encounter — Episcopal Expression

Worldwide Marriage Encounter Episcopal Expression invites you on a journey, a deepening of couple love. The weekend format is especially designed to allow a husband and wife to pause awhile and focus on each other. Every now and then we all need to examine our lives and directions to determine if we are going where we want to go. An Episcopal Marriage Encounter Weekend offers a couple just such an opportunity.



Worldwide Marriage Encounter Episcopal Expression is grounded in Judeo-Christian beliefs and traditions. Marriage Encounter invites and encourages married couples regardless of faith or religious affiliation to share in this experience and to become an integral part of this worldwide movement in support of marriage.

Mission Statement:

Worldwide Marriage Encounter's mission of renewal in the church and change in the world is to assist couples and priests to live fully intimate and responsible relationships by providing them with a catholic "experience" and ongoing community support for such a lifestyle.

The next Marriage Encounter Weekend is in Knoxville April 30 — May 2, 2010. Registration is limited to 15 couples. For more information, please call local couples John Robertson/Dana Teagarden at 865-671-0608 or the Reverend Mary Lee Bergeron/Paul Bergeron at 865-584-7673.

Activity high at FISH Hospitality Pantries

With more people suffering economic hardship, food requests at FISH Hospitality Pantries (Hospitality Pantries, Inc.) have continued to be high. During 2009, we provided food assistance to 144,110 families (363,043 people) from our

four neighborhood-based food relief pantries. This is nearly 15,000 more food packages provided than in 2008.

During 2009, FISH Hospitality Pantries received (and distributed to families in need) food donations valued at \$2,050,000. This compares with \$1,400,000 in donated food received in 2008. \$260,000 in food was received in 2007 (the year before the new W. Scott Ave. pantry/food warehouse was completed).

The just-completed 2009 FISH Christmas Card Project raised a new record \$75,300 to benefit the pantries. This compares with \$71,800 raised in 2008.

Recently we have been losing some frozen food donations because we do not have enough freezer space to store all the food offered to us. Our current freezer will store a tractor trailer load of 24 pallets. We are exploring the feasibility of adding a new larger freezer unit on to the W. Scott Ave. building that would hold three trailer loads (70 pallets) and then convert our present freezer to a second cooler in order to double our refrigeration space, which is also no longer adequate to hold all the refrigerated food now being offered to us.

In addition to feeding large numbers of people in a non-judgmental way that respects their dignity and privacy, at FISH Hospitality Pantries we seek to be a place where people from different backgrounds and heritages are transformed by being in relationship with one another. We create a model of community that allows people to grow, learn, and enjoy the best about one another—to overcome differences that tend to separate us—a community based on compassion and justice for all people. And in that spirit we are offering programs like the Women's Community School and the Mosaic Initiative. Learn more about these programs at our newly updated web site www.fishhospitalitypantries.org.



Jim Wright, Director

Passages

Birth

Mary Wells Anderson, daughter of **Michael** and **Alison Erickson Anderson** and granddaughter of **Jeffrey** and **Kathleen Erickson**, on January 17, 2010
Robert John "Jack" Travis, son of **Fr. Rob** and **Jackie Travis**, on February 11, 2010

Transferred to Ascension

Emily Miller from St. John's Cathedral, Knoxville, TN
Anna Catherine Greer from St. Luke's, Jackson, TN

Death

Helen Graves Cranwell, mother of **Ann Cranwell**, on October 2, 2009
Edna Hibbard, mother of **Bonnie Hanaway**, grandmother of **Jennifer Moffitt**, on January 11, 2010
Alex Bradley, on January 28, 2010
Marge Drennan, aunt of **Linda Schmid**, on February 5, 2010
Arthur W. Bergeron, Jr., cousin of **Paul Bergeron**, on February 8, 2010

Financial report through January 2010

	Jan. Budget	Jan. Actual	YTD Budget	YTD Actual
<i>Pledge, plate, & unpledged contributions:</i>	\$76,658	97,100	76,658	97,100
<i>All other income:</i>	31,410	40,233	31,410	40,233
<i>Total Income</i>	108,068	137,333	108,068	137,333
<i>Total expenditures:</i>	128,621	126,149	128,621	126,149
<i>Net Surplus (loss):</i>	(20,553)	11,184	(20,553)	11,184

Getting to know our Ascension Staff

This is a monthly feature in the Parish Paper through which you, the parish, will be introduced to each of our staff members. Even if you've known some of them for many years, you may learn things about them that you didn't know! This month we feature our nursery workers, Nicole Nelson, Beth Caballero, and James Martin.

Unless you have a need to leave a child in the nursery while attending a worship service or other church event, you may have never met the three young people who assist Lynn. Not only do they work on Sunday mornings so that the rest of us may attend the adult class and 10:30 worship service, but they are also here to support Alpha every Thursday evening and the first Friday of each month to provide free childcare for our young couples to have a few hours to enjoy themselves without children.

The longest serving of the three is Nicole Lauraine Nelson who joined Ascension's staff in September 2008. Originally from Coudersport, Pennsylvania, Nicole graduated from Smethport High School and is currently working on her master's degree in Elementary Education at Carson Newman College. She is 27 years old, one of three daughters of Michael and Candace Nelson. Rebecca is an older sister, while Emily is younger. Nicole enjoys baking and crafts and is an opera fan. She looks forward to becoming a teacher and, most excitedly, being married in the summer of 2011 to Bryan Hilbert. Her fiancée, Bryan, is also working on his master's



Nicole Nelson and Beth Caballero

degree and works as an intern in the City of Knoxville's Community Development Department.

Helping Nicole since June 2009 is Beth Caballero. Beth is a native of Knoxville and grew up in Ascension, attending during her middle and high school years. Although she prefers to keep her age a secret, she is only slightly older than Nicole. Beth is the daughter of Alan and Ellen Wright and has a brother, Tim, step brother, Eric, and step sister, Kristin. Beth has two children, twins Zack and Brooklyn, age 8. She is a graduate of Tennessee Tech University with a degree in Elementary Education and is currently a fourth grade teacher at Karns Elementary School. Beth enjoys reading, likes to stay in shape by running, and her favorite music is whatever is on her car radio that will keep Zack and Brooklyn entertained while she is serving as their chauffeur, an activity that seems to occupy most of her time.

The third member of the team is James Lewis Martin, the son of Gary and Sabra Martin. He has an older brother, Wesley, and a younger sister, Elizabeth. James is a junior at Bearden High School and likes participating in sports, especially soccer and frisbee. He enjoys all types of music but considers blues and rock his favorites. James began working in the nursery earlier this year and, contrary to popular rumor, he was drafted, not shanghied, into serving. In fact, in his own words, "It is fun to be with the kids."



James Martin

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Staff

George Boling — Sexton
 John Brock — Associate in the Music Department
 Jeff Conley — Night Sexton
 Bettie Corey — Registrar/Publications Editor
 James Garvey — Director of Music Ministries
 Charis Kraski — Financial Assistant/Coordinator of Office Services
 Sabra Martin — Program Secretary
 Byron Proaps — Facilities Plant Manager
 Jacqueline Soltys — Director of Christian Education
 Bob Wadley — Parish Administrator
 Cathy Wadley — Executive Assistant to the Rector and Director of
 New Member Ministries
 Lynn Wise — Nursery Coordinator
 Jim Wright — Director of Hunger Ministries

Office hours: Mon - Thurs, 9:00 AM — 4:30 PM; Friday, 9:00 AM — 4:00 PM

Building hours: Sunday: 7:00 AM — 3:00 PM

Monday - Friday: 8:00 AM — 5:00 PM

Saturday: 8:00 AM — 4:00 PM

Vestry

Julie Hembree - Senior Warden
 Bert Ackermann - Junior Warden

Paul Banick
 Lida Barrett
 David Baumgardner
 Leo Beale
 Louise Conrad
 Ben Davidson
 Claire Eldridge
 Ann O'Connor
 John Pannell
 Scott Poland
 Culver Schmid
 Vaiden Taylor
 Rick Turner

Mike Terry-Cochran — Treasurer
 Larry Jones — Clerk