

October at a Glance

- October 16 – Harvest Thanksgiving Dinner
- October 20 – CLB Recycling Drive, 10 a.m.
- October 23 – Thanksgiving Card Party, 7:30 p.m.
- October 28 – CLB Sunday

Food Bank: When you are picking up your groceries, please add an item or two and drop it in the food bank box. Items needed this week are **tinned vegetables, tinned pasta, and tinned beans**. If you wish, you may also make a monetary donation to the food hamper fund. It is much appreciated!

Duty Teams for next Sunday, October 7, 2018: Sidespersons' Team # 5, Counting Team #1.

| Services During the Week: | Morning Prayer daily at 9:30 a.m. (Except Wednesday & Saturday) | |
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| Wednesday, Oct. 3 | 9:30 a.m. | Holy Communion (BCP) |
| Sunday, Oct. 7 Harvest Thanksgiving | 8:30 a.m. | Holy Communion (BCP) |
| | 11:00 a.m. | HE/HB BAS |
| | 6:30 p.m. | No Evening Service |

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Rector:
Rev. 'd Canon David Burrows

Associate Priest:
Rev. 'd Lynn Courage

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Parish of the Ascension Chimes



Sunday, September 30, 2018
19th Sunday after Pentecost

Lections: Esther 7:1-6, 9-10, 9:20-22, Psalm 124 **Refrain: *We have escaped like a bird from the snare of the fowler***, James 5:13-20, Mark 9:38-50

8:30 a.m. Holy Communion (BCP)
Presider/Homilist: Rev.'d Lynn Courage

11:00 a.m. Family Service (Wee Worship Book)
Presider: Rev.'d Canon David Burrows
Homilist: Rev.'d Lynn Courage
Reader: Carol Manning
Hymns: **Here I Am Lord**
Father God in Heaven
One More Step
I Saw the Light

6:30 p.m. Evening Services will resume on **Sunday, October 14, 2018.**

Ascension Café: This ministry takes place following the 8:30 a.m. service on Sunday mornings. We are looking for volunteers to go on a rota once a month to help set up for the breakfast, to serve and to clean up. If this is a ministry you would like to be involved with, please contact Rev.d Lynn at 682-8500.

"You word, O Lord, is truth; sanctify us in the truth." John 17:17

Weekly Word

Today I reflect on an activity that I love, loathe, and live each year. Since 2014, I have been cycling the Ride for Refuge for the Primate's World Relief and Development Fund (PWRDF). It has been an act of faith, an act of self-discovery, and an act of commitment. During these five years, I have cycled 87.5 total kilometers, clocked a fastest speed of 75kph (with no brakes), raised close to \$20,000 for PWRDF, and participated locally with eleven others over this time. This Saturday the cycle and walk from Cape Spear to the Anglican Cathedral is an act of prayer, an act of faith, and above all an act of service and commitment for me. It is in the raising of funds and in the prayer for the wider world in which I offer service to others. The harder task is the act of commitment.

The 17.5 kilometers from Cape Spear to the Anglican Cathedral may seem to be small potatoes and an easy ride or walk. My morning each year for the Ride for Refuge begins with prayer and preparation at dawn, watching the sun rise upon North America, and then gathering with others, and beginning the cycle. For those of you who have frequented Cape Spear, you may attest that the winds are hardly ever light. In the five years I've only ever had one perfectly calm day. Three times there has been cold rain and high winds. The first hill is four kilometers long with a steady grade upwards, followed by a curving downward slope to an even higher hill. The final downward slope is extremely steep and narrow, followed by entering St. John's and traveling up Water Street to a final rise to the Cathedral Steps. My fastest time has been 57 minutes; the longest time has been one hour eighteen minutes.

For the majority of the time, I reflect upon the challenge that cycling this route gives my body in comparison to the persons and organizations that are benefiting from this effort, and the efforts of others. Yes, I procrastinate each year, putting off preparations and test rides, thinking that I am still as young as the twenty something that I was when I was cycling 70 kilometers a day in university. Yes, I recognize that my single act of solidarity and advocacy is not to be compared with the challenges that persons have as refugees, homeless, impoverished and the like. I am privileged, and I remember that the choices I make affect myself and others,

and I can be a part of changing systems and enacting change. The reflection upon commitment that I struggle with at times is, "am I really making *that* much of a difference?" Each year the monetary commitment comes in, the advocacy and awareness grows somewhat. The challenge of the body and physical fitness reminds me of my fragile humanity.

The journey reminds me of the challenges and joys of a day, a season, and a lifetime. There are times when everything is uphill with wind and rain and cold facing you. In these times I wonder of my belief, of the presence of God, of the value of the faith community, of the worth of all the effort and heartache. There are times when things are smooth – the wind is at my back, the sun is shining, the gears and brakes are working perfectly. Throughout all these times, the good, the bad, the mundane, and the miraculous, God is present, breathing and living within me, all around me, and within this world. I must see the larger portrait of life; I must participate as a small cog in the larger wheel of the work of God's realm; I am present to the working of Spirit and life all around me. I must not give up.

I pray the cycle goes well this year; I pray for all who ride and walk, and for those whose journeys through life are much deeper and demanding, in whatever paths are before them.

David

Senior & Junior Choir Practices: The practices have resumed. Junior choir meets on Wednesdays from 5:45 p.m. - 6:15 p.m. Young people nine years and older are welcome to join this choir. Senior choir also rehearses on Wednesday from 7 p.m. – 8:30 p.m. New members are always welcome for both choirs. If you are interested, please speak to Mrs. Ina Kearley, our organist and choir director.

Confirmation Registration 2019: Registration will continue to take place until October 7, 2018. Candidates must be 11 years of age by December 31, 2018.

Fall Bible Study: For those who work during the day or have other commitments, an evening Bible Study will begin on Tuesday, Oct. 9 at 7 p.m. at the Ascension for five weeks. This is a joint ministry with our sister parish, The Good Shepherd. The Parish of the Ascension will host the same Bible study following the Wednesday morning Eucharist at 10:15 a.m. beginning Oct. 10, for five weeks. More information to follow.