



THE ASCENSION

HERALD

Volume 3

Ordinary Time, Fall 2019

Most of you know that we are deep into the process for electing a new bishop. Each church has elected and certified delegates. The nominating committee has done background checks, sifted through applications, and interviewed candidates, selecting a short list to present to the diocese. A petition process has been completed and two candidates from our diocese have been added to the slate. Bios, resumes, answers to questions have been posted online, and the dates when we the people of the diocese meet the candidates draws near. (September 6 at Galilee in Virginia Beach). Although I have initial impressions, I am still curious about who these people are, and whom we should call as our next bishop.

As I think about what qualities are important to me in a bishop – or for that matter any person of faith – one stands out: an ability to grow and change. I assume that each of these people have their strengths and their gifts, and their bios, *etc.*, speak to that. But I know that each of them, like each of us, has weaknesses and faults as well. That is just the way of life. Still, while acknowledging that to a certain extent each of us “is who he/she is,” it’s also important to me to understand who and how they are becoming.

Along the way, each of us encounters difficulties and joys. How do we respond to them and weave that experience into who we are? How have we learned and grown as we encounter new people and situations? What/who has challenged us to rethink those things we hold dear?

All of which is to say that I am a believer in life-long formation. It is my hope for all of us, that we are continuing to grow into the full stature of Christ—Ephesians and our baptismal prayers express it—that somehow as we go through life, we continue to study and learn, to change and adapt, to become more gracious toward God and each other.

It happens in continuing study and reflection on the scripture and our lives. It happens when we pay attention to the needs of the world around us and acquire new skills and new ways of doing things to meet those needs. It happens when we come together as a community to share our stories and learn from each other. And it happens when we pray that God will use us in God’s service.

None of us is done. Bishop Keith Whitmore, who was assisting in the Diocese of Atlanta, once told the Vestry of my church that if they weren’t growing and changing, they were dying. It is a hard truth of nature. Some of that growth feels like loss, and some feels like life itself; either way, growing in Christ is ongoing if we take our faith and our discipleship seriously.

Who are we becoming as individuals and as a community? How are we growing into the full stature of Christ, and what skills do we need to serve God and God’s world? I hope that you will come grow with me!

Church of the Ascension Staff

Bishop Pro Tempore Southern Virginia

The Rt. Rev. Jay Magness

Church Office 757-423-6715

Rector

The Rev. Stewart Mason Tabb

Director of Family Formation

Patti Glowatsky

Director of Music Ministries

Cody Wilmot Mead

Day School Director

Mark Hattler

Treasurer

Jane Webster

Secretary

Nellwyn Beamon

Financial Secretary

Tracey Trimyer

From the Senior Warden**Susan Motley**

For me, this time of year is always associated with beginnings. I think of welcoming a new year, meeting new people, and learning about new opportunities. Christian Education offerings resume soon, and we are all excited about welcoming Cody Mead, our new organist and choir director. Then on September 21, representatives from all churches in the Diocese of Southern Virginia will gather in Dinwiddie to elect a new Bishop. It's exciting stuff!

We are beginning the 2019 Annual Response Campaign by celebrating the faithful stewardship practiced here every day. On most Sundays, you will be hearing a brief presentation about stewardship at work in our church and community life. You will hear about new relationships and new opportunities for involvement. I hope we can count on your support to continue these ministries.

It is inevitable that some things will change, but I am certain that some things will not. Specifically, I know that the people of Ascension always will be a welcoming community of Christians willing to explore new ways of "sharing the knowledge and love of Jesus Christ through worship, teaching, fellowship, outreach, and personal example." That quotation comes from our mission statement. It's exciting stuff. Peace, Susan

Diocesan Updates



Profiles of the candidates for Bishop can be found at <http://svabishopsearch.org/bishop-candidates/>

There are several walkabouts scheduled. All are invited to attend. They will take place on:

Thursday, September 5 at 6:30 pm, Hungars Parish, 10107 Bayside Road, Machipongo

Friday, September 6 at 7:00 pm, Galilee, 3928 Pacific Avenue, Virginia Beach

NOTE: This will be available live and on-demand this evening on the diocesan website

Saturday, September 7 at 1:00 pm, Chanco on the James, 394 Floods Drive, Spring Grove

Sunday, September 8 at 3:00 pm, Johns Memorial, 400 High Street, Farmville

The election of the new Bishop will be at Dinwiddie High School, Dinwiddie, VA, on Saturday, September 21.

Safe Church

Nellwyn Beamon

The Vestry has tasked me with the administration of the updated Safe Church policy that is now in effect. Previously, there was no identified point of contact with the Diocese (that's me now!), and application of the policy or records-keeping may have been hit or miss in some places (however, we were in good shape).

As you are probably aware, churches have been in the news quite a bit about bad risk management practices (or no risk management practices). Although we think about the scandals in the Roman Catholic church, the Episcopal Church has not been exempt, as we had a horrific incident in this Diocese decades ago. At the last General Convention in 2018, model policies for the protection of children and youth, and model policies for the protection of vulnerable adults, were updated to reflect changes in our society, including guidelines for the use of electronic communications and social media. They also reinforced current standards and broadened others. Our Diocese has asked each church to practice these well-considered policies for everyone's protection: individuals as well as the church.

Ascension has a great history of protecting our children in church programs. People who have been involved in these ministries have been required to complete Safe Church training as well as undergo criminal background checks for years. We are being asked, as a community, to expand these protections to vulnerable adults. We have a wonderful Pastoral Care commission that keeps Ascension's older or ill members in the loop. Our Pastoral Care volunteers are on the front lines with our vulnerable adult population. Part of the Safe Church training is to make us all aware of inappropriate people in questionable positions of authority, but another part is to educate us to identify inappropriate situations with our vulnerable members: abuse or neglect with children AND adults. We are being asked to get criminal background checks on those who are being present one-on-one with our homebound or members in personal situations: Pastoral Care members, Eucharistic Visitors, TIDE drivers. In addition, background checks will be required of the Wardens and people who handle money. **WE** know we are good people, but we need to make sure our church is protected—just in case.

There are two levels of Safe Church training: Universal and Specialized. Those who have door codes or who are involved with Altar Guild and Flower Guild (because you are often in an empty building) will need the Universal training. Others who are more involved with personal ministries or serve in positions of leadership will require the more specialized training. The Diocese offers periodic training in person, but there is also an online component. As I identify who needs what, I will be in touch with you concerning the details.

For more details about Safe Church—and some of the updates, please go to the Diocesan website at http://www.diosova.org/safe_church

Meanwhile, when I approach you about your Safe Church and background certifications, I will be so grateful when you say, YES!

Stewardship

Susan Motley

The 2019 Stewardship Campaign is coming. In fact, it's here. Most Sundays you will be hearing from a parishioner about daily manifestations of stewardship here at Ascension and in the community. Plans are in the works for information sessions and in-gathering Sunday. Expect more information in a separate communication.

**The Church Calendar is online: Ctrl+
click for [Event Calendar](#)**



Facilitator Kathy Early

JustFaith Explores How Our Faith Can Really Make a Difference in our Lives

Are you searching for a deeper faith, a greater sense of purpose, and a practical understanding of how to make a difference in the world? Starting October 8, Church of the Ascension will be hosting *JustFaith*, a weekly ecumenical gathering exploring the intersection between Faith and Justice. Participants will engage in reading, prayer, and thought-provoking dialogue. In this 24-week process, participants will build lasting relationships and encounter the world, each other, and the Gospel.



Facilitator Mark Hoggard

JustFaith Ministries (JFM) was birthed in the 1980s by founder Jack Jezreel in an “effort to invite and prepare people of faith for the life-changing and world-changing call of the Gospel to help heal the world and, in so doing, experience a deeper faith, a more fulfilling life, and a community of care and vitality.” Happily, over the years, the testimony of the over 50,000 people who have participated in JFM programs is that they have discovered new possibilities for their lives. They have discovered, with fresh eyes, a Gospel that is drawing them into new ministries committed to the good of those who have suffered neglect and deprivation. Program participants have not only found their way to new choices, commitments, and relationships but, in so doing, have also experienced a deepening of faith and new purpose for their lives. One participant summed up her experience, saying, “Never did I plan on such a rich experience as that provided by *JustFaith*. It fed and enriched the entire person... The result of this was astonishing. I never really thought that I could make a difference in the world. But I have come to see that one person can affect change. I will never be the same.”

The JFM program at Ascension will be in three phases. Phase I (October 8-November 20) is titled “Living Compassionately – Caring for the Poor,” and focuses on poverty, consumerism, and the Gospel call to care for the poor. Phase II (January 8 – March 4), “Living Justly – Caring for Each Other,” builds on the participants’ new understanding of racial and economic justice, developing new levels of passion and compassion for the ongoing work of social justice. In Phase III: “Living Simply – Caring for the Earth,” participants will embrace the invitation to care for the Earth, as they investigate the teachings of our faith.

The sessions will be facilitated by local faith leaders Kathy Early (kearly314@gmail.com; 757 270 6342) and Mark Hoggard (mhoggard@piusxparish.org; 757 334 0129). Participants will be from a variety of Christian denominations, and all sessions will be held at Church of the Ascension Episcopal. If you are interested in participating, advance registration is required by contacting one of the facilitators. There is no registration fee, but participants are responsible for purchasing their own reading materials. Register today, and join us on the journey!



Not enough people donate blood. Only you can fill the #MissingTypes.
Download the Blood Donor App | 1-800-RED CROSS | RedCrossBlood.org/MissingTypes

Thank you to all who stepped up to help with the blood drive on August 3. Our goal was 16 units, and we exceeded that goal with 17 units. Mark your calendar for the next time: **Monday, January 20 (Martin Luther King Day) from 2 to 7 PM. AND..** The day preceding it, January 19, we will hold the Chili Cook-off to benefit the Food Pantry ministry.





Our new organist: A cradle Episcopalian, Cody Mead is a native of Northeastern Pennsylvania, and has been Director of Music at historic St. Mary's Roman Catholic Church (site of the wedding of President John F. Kennedy and Jacqueline Bouvier) in Newport, RI for the past six years. Cody began his professional career as a church musician at age 16, and has studied organ, voice, and conducting at the Eastman School of Music, and extensively with some of the leading coaches in New England.

At St. Mary's Church, Cody developed a robust and growing music program, including a multi-generational choral program with three choirs. For four years, Cody served as organ teacher for the Bloomsburg Preparatory School of Music in Bloomsburg, PA. Cody has performed publicly throughout the East Coast and Midwest United States. As a conductor and accompanist, Cody

has worked with a variety of professional choirs throughout New England, including Collegium Ancora, the Ecclesia Consort of New England, and Ensemble Altera, as well as singers from many of the nation's leading opera houses and Broadway. As a teacher, Cody has maintained a robust studio of private voice students and has served as the resident music director of the Newport Children's Theatre for four years. Cody is thrilled to be joining the faith community at Ascension; his first Sunday is August 18.

Christian Education

Patti Glowatsky

Sunday School kickoff will be held in Rose Hall at 9:30am on September 8th. Please join us as we begin another year of diverse Christian enrichment programming! In an effort to better meet the needs of the families and children in our community, there will be some changes to our Sunday School structure and curriculum. We have a tremendously successful program of Godly Play in the small chapel for PreK through second graders. With continued attendance from these children as they grow there is now a need for an older elementary class! We will meet in the room across from the Christian Ed office using a curriculum called Connect that teaches kids how to use their Bibles to navigate the world they are growing up in and the challenges they face as they live out Christ's love in their daily lives. Our Junior High students will be invited to participate in this class as leaders and mentors. They will also be challenged to take on a new project to tell the stories of the other major religions using "Godly Play" in a way that helps children to understand an inclusive and loving God across faiths and cultures. Lastly, our High School class will begin meeting on Sunday nights from 6-7:30pm for a meal and discussion or activity in Rose Hall. I am always in need volunteers, so if you are interested in participating in the ministry of Christian Education please contact me.

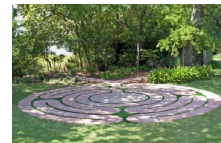
Prayer chain

Nellwyn Beamon

For many years, Ascension has had a prayer chain ministry which was administered by Sally Todd and Evelyn Matthews. Evelyn joined the Church Triumphant in 2014, and as times and methods have changed, Sally has relinquished it to Nellwyn. The chain has been revamped from a series of phone calls to a group email. If you would like to be part of this ministry, or have a prayer concern, please let Nellwyn know and she will add you to the list. nbeamon@ascension-norfolk.org

The Labyrinth

Sally Miller



We are so fortunate to have the Labyrinth as part of our church offerings. You are free to walk it any time. In the fall we will have "events" after a Sunday Service to help you to experience the Labyrinth with a host/hostess present to help you if you have questions. Music will be offered to set a prayerful presence, and spiritual aids will be available for prayer if you desire. We are promoting the Labyrinth to other churches in the area (see info below). Please talk to Sally Miller, Marilyn Meek, Donna Killmon, Anji Harris, Ann McMellin, Suzi Montagna or Peggy Risser if you have any questions.

Have you ever walked a labyrinth? A labyrinth is an of the circle and the spiral into a meandering but center and back again out into the world, and they



ancient symbol that relates to wholeness. It combines the imagery purposeful path. The labyrinth represents a journey to our own have long been used as meditation and prayer tools.

You may walk Ascension's labyrinth anytime, bring what will aid you in your quiet time, *i.e.* you might play music on your phone, write out a concern to carry with you. Walk, dance, sit in the center quietly. If others are there, in respecting each others' pace, feel free to pass one another.

Children are welcome and you might encourage quiet drawing within a circle drawn on paper as they process their walk.

The labyrinth is located behind the basketball court. Walk in Peace

Building and Grounds

Tim Westfall

B&G is more about the spirit and a calling than it is bricks and mortar. We are a team that works together for the benefit of Ascension's property. Highlights of some of our team's actions are as follows:

Merrill Dorman has overseen the replacement of the ladies' room fan, the boiler valves, the kitchen range safety upgrade, the Rose Hall air conditioning replacement, and the hanging of Frank Rose's photo, among other things. Marilyn Meek can be found outside taking care of the shrubbery and flowers, especially in Cox Garden. Bill Willey coordinates the lawn care teams and is part of most anything. Chuck Beers has overseen energy-saving projects like the LED lights, timers, security, Rose Hall window tinting, and other things like parking lot striping and putting in the dumpsters.

Others on the team who come to meetings are Ken and Marilyn Meek, Bob Motley, Don Daly, and Dennis Glowatsky (by proxy). There are opportunities for more folks to be involved. Many hands make the work lighter. We have need for periodic lawn care (mow, edge, weed eat, pull weeds), floor tile replacement, and painting. The education wing needs to have the windows resealed and tinted. For folks who like to oversee projects, we will in the future need to plan for the replacement of our HVAC, the improvement of our drainage system, and the mortaring of bricks in the back. If you are interested in taking on a one-time project, or becoming part of the B/G team, let any of us know.

We will be holding Trunk or Treat again this year on Halloween night from 6-8pm. We had 6 cars last year and passed out candy to over 250 kids in the neighborhood! I would love to double the number of trunks this year. Pinterest (<https://www.pinterest.com/>) has tons of great ideas for decorating. Simply type "Trunk or Treat ideas" into the search bar. Wearing a costume is optional but encouraged. If you are interested, please reach out to Patti Glowatsky for more information. As we get closer to October 31st be on the lookout for a link on the Ascension website to register for this event.

