

Church of the  
Ascension  
2019-2020

A Parish  
Ministries  
Handbook

Handbook  
Ministries  
A Parish

*Responding to  
God's Invitation  
Through  
Everyday  
Stewardship*



# From the Pastor

*Everyone must give according to what he has inwardly decided; not sadly, not grudgingly, for God loves a cheerful giver. God can multiply his favors among you so that you may always have enough of everything and even a surplus for good works.*

*2 Corinthians 9:7-8*

As we seek to become a more EVANGELIZING parish community, living out our parish mission statement of proclaiming the Word of God, Celebrating the Eucharist, and Serving the Local Community, sharing our gifts in the various ministries becomes crucial for each of us and an example for others. Throughout our 40+ years, involvement in the life of the parish has been a hallmark for those making up the Church of the Ascension.

I pray that you will find the right mix of prayer and service here at Ascension. If I may be of assistance or support to you in any way, please do not hesitate to contact me at either 495-1886, ext. 416 or [malingumud@ascensionvb.org](mailto:malingumud@ascensionvb.org).

Again, a most sincere welcome!



Fr. Daniel Malingumu

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# From the Pastoral Council

*Each of us has been blessed with a unique balance of God-given strengths. These strengths are comprised of our talents, skills, and knowledge. We are exceptionally blessed with many opportunities to put our talents, skills, and knowledge to good use by serving within our Parish community.*

*Sharing our time and talent helps fulfill the many needs of our Parish community. We ask that you prayerfully consider the many opportunities in this handbook and let your heart decide where your talents will best serve one or more of our Parish ministries.*

- Ascension's Pastoral Council

## **Church of the Ascension**

4853 Princess Anne Road

Virginia Beach, VA 23462-4446

757-495-1886

[www.ascensionvb.org](http://www.ascensionvb.org)

### **Liturgy Schedule**

Saturday: 5:30 pm

Sunday: 8:45 am    10:30 am    12:15 pm

(Nursery available at 8:45 & 10:30am)

Weekday Evening Mass at 7 pm on Tuesdays

Morning Mass celebrated at 9:15 am on

Monday, Wednesday, Thursday, and Friday

Low-Gluten Host now available

### **Sacrament of Reconciliation**

Saturdays at 4:30 pm and by appointment

### **Eucharistic Adoration**

First Fridays following 9:15 am Mass until 6 pm

### **Parish Office Hours**

Monday–Thursday: 9:30 am to 4 pm

Friday: 9:30 am to 1 pm

*Revised 9/16/2019*

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# *Welcome*

## DEPARTMENT HEADS

Following is a listing of all the ministries the parish supports, with a brief description of what they do and a contact for the ministry head. All ministries fall under five different department heads. These Department Heads are:

- **Liturgy – John Sokolowski 495-4861 ([john@sokol.org](mailto:john@sokol.org))**
- **Community Life – Jim Fowler 497-1040 ([jfowler215@gmail.com](mailto:jfowler215@gmail.com))**
- **Finance/Operations/Ways & Means – Lisa Liedl 495-1886 ext. 422 ([liedll@ascensionvb.org](mailto:liedll@ascensionvb.org))**
- **Faith Formation – Janet Jones 495-1886 ext. 423 ([jonesj@ascensionvb.org](mailto:jonesj@ascensionvb.org))**
- **Social Justice – Ruth Brogan 495-1886 ext. 414 ([broganr@ascensionvb.org](mailto:broganr@ascensionvb.org))**

If you wish to join a ministry and the ministry head does not contact you, please contact one of the Department Heads to assist you. Your time and talents are so important to our ministries and we wish to be as accessible to you as possible.

**VIRTUS Protecting God's Children and Adults**  
**[www.virtusonline.org](http://www.virtusonline.org)**

Safety for all God's children is a priority within our parish as well as throughout our Diocese. There are two objectives that need to be met. First, we want to know that our volunteers are suitable to work with our vulnerable populations, including children. Second, we want to empower our volunteers to identify and report potentially risky situations. Through the Diocesan Protecting God's Children Program, we accomplish both these objectives.

The Diocese of Richmond requires any volunteers working with any at-risk population -- children, the infirm, the elderly and the mentally challenged -- to attend a Virtus training. This workshop increases awareness and provides tools to protect those people considered most vulnerable. This is a one-time obligation. In addition, all volunteers are required to have a background check as part of the Virtus registration. In order for our ministries to include or serve people with disabilities, the infirm, the elderly, and/or children, volunteers must complete this awareness program.

We want to serve all in our community who need assistance. We also want to include **ALL** of our parishioners who want to volunteer no matter their age. We want to allow and encourage our youth to volunteer in all areas, including, but not limited to, being altar servers, lectors, Eucharistic Ministers, food pantry volunteers, homeless shelter volunteers, faith formation volunteers, and more.

We thank you in advance for your cooperation and participation in serving and protecting God's Children.

If you have any questions, please do not hesitate to contact Lisa Liedl ([liedll@ascensionvb.org](mailto:liedll@ascensionvb.org) or 495-1886 x 422) or Janet Jones ([jonesj@ascensionvb.org](mailto:jonesj@ascensionvb.org) or 495-1886 x 423)

# MINISTRIES

## LITURGY MINISTRY

**Altar Server:** Assist in the celebration of Sunday and Holy Day liturgies. A training session is provided. Ages fourth grade to high school and must have received First Holy Communion. Adults are also invited to serve at liturgies. **Contact: Diane Nestor at 495-1886 x 413 ([nestord@ascensionvb.org](mailto:nestord@ascensionvb.org))**

**Choir:** Share your gift of musical talents for our liturgical celebrations.

- Adult Choir: Soprano, alto, tenor, and bass voice parts. Cantor positions are by audition with the director and require workshop attendance. Rehearsals are Thursday evenings from 7:00 to 9:00 pm. Encouraged to join for special seasonal events such as Christmas and Lent.
- Children's Choir for 3<sup>rd</sup>-5<sup>th</sup> Grades – Rehearsals times and dates to be determined. Will sing for one mass in the Fall, Spring and Christmas (dates and times TBD)
- Youth Choir for 6<sup>th</sup>- 12 Grades – Rehearsals time and date to be determine. Will sing for one mass in the Fall, Spring and Christmas (dates and times TBD)

**Contact: Diane Nestor at 495-1886 x 413 ([nestord@ascensionvb.org](mailto:nestord@ascensionvb.org))** (*Virtus training required*)

**Instrumentalists:** Play for one (or more) of the weekend liturgies and Holy Days. Piano accompanists are used as substitutes for regular pianists. Rehearsals Thursday nights from 7:00 to 9:00 pm. **Contact: Diane Nestor at 495-1886 x 413 ([nestord@ascensionvb.org](mailto:nestord@ascensionvb.org))** (*Virtus training required*)

**Environment in Sacristy/ Banners/Vestments (Sewers and Makers):** The use of cloth, artifacts, flowers, and artwork are important elements within liturgy. Creative and talented persons are needed. **Contact: Diane Nestor at 495-1886 x 413**

**(nestord@ascensionvb.org)**

**Eucharistic Minister:** Adults serve at all weekend and weekday liturgies. There is required training before beginning to serve. Scheduling is done 3 months in advance. **Contact: Mike and Mary Encarnacao at 630-6316 (mencarnacao@verizon.net)** (*Virtus training required*)

**Lector:** Readers are needed for all liturgies. Scheduling is done 3 months in advance. Two training sessions per liturgical year will be given covering logistics and mic technique. People new to this ministry should contact Diane Nestor for details on initial training. Ages: Ninth grade and up. **Contact: Mike and Mary Encarnacao at 630-6316 (mencarnacao@verizon.net) or Diane Nestor at nestord@ascensionvb.org 495-1886 x 413** (*Virtus training required*)

**Liturgy Planning:** Liturgy committee meets on the first Wednesday of the month to prepare and review Sunday and Holy Day liturgies to make worship a joyful and enriching experience. Liturgy involves everyone in the parish and it is a good way to get to know more about scriptures and the worship experience.

**Contact: John Sokolowski at 495-4861 (john@sokol.org)**

**Sacristy Coordinator:** Prepares altar and Church for Mass. Selects a family to carry up the gifts. Ensures that all preparations have been completed. **Commitment expected:** Twice a month at liturgy. **Contact: John Sokolowski at 495-4861 (john@sokol.org)** (*Virtus training required*)

# FAITH FORMATION

Our Faith Formation programs span from families seeking Baptism for their infants through adults. We would not be able to serve our community without our dedicated, faith-filled volunteers. There are numerous volunteer positions based on what age group you would like to work with. The great benefit of volunteering in formation programs is that your faith is enhanced as well.

Our Diocese requires that all those who are over 18 years old who are working with young people complete VIRTUS training and undergo a background check. The Faith Formation Office will assist you in meeting those requirements.

## ***If you like working with Adults...***

**Belonging Baptism Team:** Our Baptism preparation process for infants includes a Saturday class offered quarterly from 8:30am-12noon. We are looking for young adult families who are willing to assist during the meeting by fellowshiping with the families. The morning includes free breakfast and childcare. Training is provided.

**Contact: Angela Morales at 495-1886 x 411**

**[re\\_admin@ascensionvb.org](mailto:re_admin@ascensionvb.org)**

**Confirmation Sponsor for an Adult:** A sponsor is selected from our community to listen and share faith with an adult who is preparing to celebrate Confirmation. This is a weekly Sunday commitment, two retreat experiences and presence during various rites scheduled throughout the year.

**Contact: Janet Jones at 495-1886 x 423 ([jonesj@ascensionvb.org](mailto:jonesj@ascensionvb.org))**

**RCIA Sponsor:** A sponsor is selected from our community to accompany those adults who are inquiring and/or preparing for full initiation seeking into the Catholic faith. The sponsor accompanies this person by listening and sharing their faith with them. This is a weekly Sunday commitment, two retreat experiences and presence during various rites scheduled throughout the year.

**Contact: Janet Jones at 495-1886 x 423 ([jonesj@ascensionvb.org](mailto:jonesj@ascensionvb.org))**

**Faith-sharing Facilitator:** Do you have a favorite spiritual book, program or faith topic that you want to explore with others? A Faith-sharing Facilitator guides a faith-sharing community as they explore this common interest. The faith-sharing community can meet at church or someone's home. Commitment varies. Training is provided.

**Contact: Janet Jones at 495-1886 x 423 ([jonesj@ascensionvb.org](mailto:jonesj@ascensionvb.org))**

**Discovering Christ Team: Discovering Christ** is an eight-week series that includes a life-changing retreat. Participants enjoy a meal, listen to a dynamic teaching, and participate in small group discussion about how to have a personal, more intimate relationship with Jesus. **Discovering Christ** is offered periodically throughout the year. There are two volunteer opportunities during Discovering Christ: to help with hospitality (setup, cooking, serving and clean up) or facilitate a small group (training is provided).

**Contact: Janet Jones at 495-1886 x 423 ([jonesj@ascensionvb.org](mailto:jonesj@ascensionvb.org))**

**New Evangelization Team (NET):** Do you have a heart for sharing Jesus with others? Join the NET as we work to implement the Diocesan 5-stage evangelization plan. Meetings are once per month with occasional retreats.

**Contact: Janet Jones at 495-1886 x 423 ([jonesj@ascensionvb.org](mailto:jonesj@ascensionvb.org))**

**Adult Faith Formation Committee:** The mission of this committee is to create and develop opportunities for the members of Church of the Ascension to grow and strengthen a personal relationship with Jesus Christ through adult formation. Do you have a heart for helping others learn about their faith? Meetings are once per month with occasional retreats.

**Contact: Janet Jones at 495-1886 x 423 ([jonesj@ascensionvb.org](mailto:jonesj@ascensionvb.org))**

**Cross-Stitchers and Sewers:** Anyone able to cross-stitch simple designs for RCIA

**Contact: Janet Jones 495-1886 x 423 ([jonesj@ascensionvb.org](mailto:jonesj@ascensionvb.org))**

**Landings:** Landings is the process by which Catholics who have left the church can openly discuss issues and discern their readiness to enter back into active participation in the sacramental life of the Church. Landings is offered periodically throughout the year. Landings sessions meet on Thursdays at 7pm for 8 weeks. The team presents topics, facilitates open discussion, and builds relationships with those participating in the process.

**Contact: Amy Petersen 757-406-6199 or Janet Jones at 495-1886 x 423 ([jonesj@ascensionvb.org](mailto:jonesj@ascensionvb.org)).**

### ***If you like working with High School Youth...***

**Youth of Ascension (YOA):** We are looking for dynamic, enthusiastic and holiness-seeking adults (over 21) to mentor, catechize, worship with, and hang out with our high school youth. You will need to be open-minded yet grounded in the teachings of the Church, creative, not worried about making a fool of yourself, able to facilitate discussion of small groups of youth, and able to lead a meeting with the assistance of other group leaders and youth. Commitment runs from end of August through June for 2 hour classes on Sunday evenings. Requires training and preparation time. Virtus training required.

**Contact: Travis Hayes at 288-1819 ([hayest@ascensionvb.org](mailto:hayest@ascensionvb.org))**

**Confirmation Sponsor for a High School Youth:** Occasionally, Confirmation candidates do not have anyone locally that can fill the role of sponsor. Commitment includes participation throughout the year at meetings and the Confirmation celebration. Virtus training required.

**Contact: Travis Hayes at 288-1819 ([hayest@ascensionvb.org](mailto:hayest@ascensionvb.org))**

**YOA Golf Classic:** The YOA Golf Classic is the primary fundraiser that supports the many youth activities, including Running with Jesus, Diocesan Youth Conference, Work Camp and Steubenville Youth Conference. The organization of this event requires many volunteers to help liaison with sponsors, organizations, potential golfers and execute the actual event in May. Organizational meetings occur throughout the year.

**Contact: Travis Hayes at 288-1819 ([hayest@ascensionvb.org](mailto:hayest@ascensionvb.org))**

**If you like working with  
Kindergarten-Middle School Children...**

**Children's Liturgy of the Word:** We need Leaders or Assistants who will be dismissed with the children at either the 8:45am or 10:30am Liturgy. The Children Liturgy volunteers lead the children in Sunday Liturgy of the Word celebration and engage them in a planned activity. The commitment is for two 6-week periods from September through May. All scripts and materials are prepared. **This is a volunteer opportunity for middle school and high school students.** Virtus training required for adults.

**Contact: Janet Jones at 495-1886 x 423 ([jonesj@ascensionvb.org](mailto:jonesj@ascensionvb.org))**

**Faith Formation Aide (K-8th grade):** Provides support to staff and volunteers on an as-needed basis during Religious Formation classes. Duties may include sitting in the Commons monitoring traffic, filling in as a substitute catechist, or making phone calls. Virtus training required. **Contact: Kim Kennedy at 495-1886 x 426 ([re\\_coordinator@ascensionvb.org](mailto:re_coordinator@ascensionvb.org))**

**Grades K-5 Faith Formation:** Catechist, Co-catechist, or Assistant. A catechist prepares and teaches a one-hour faith formation session at either the Wednesday 4:30pm-5:30pm session or the 6:30pm- 7:30pm session. Classes run from September through May. Co-catechist, or Assistant aids the lead catechist as needed. Catechists, co-catechist, and assistants are expected to attend in-service meetings. Resource materials and additional training is provided, as needed. Virtus training required. **Contact: Kim Kennedy at 495-1886 x 426 ([re\\_coordinator@ascensionvb.org](mailto:re_coordinator@ascensionvb.org))**

**Middle School Faith Formation (Grades 6–8):** Catechist, Co-catechist, or Assistant. A catechist prepares and teaches a one-hour faith formation session Tuesday's 7pm-8pm. Classes run from September through May. Co-catechist, or Assistant aids the lead catechist as needed. Catechists, co-catechist, and assistants are expected to attend in-service meetings. Resource materials and additional training is provided, as needed. Virtus training required.

**Contact: Kim Kennedy at 495-1886 x 426**  
**(re\_coordinator@ascensionvb.org)**

**Special Needs Faith Formation Helper:** Do you have experience working with children who have special needs? Inclusion is our goal. We are seeking people with special needs experience to work with our children who have special needs whether in the classroom or one-on-one.

**Contact: Janet Jones at 495-1886 x 423** (**jonesj@ascensionvb.org**)

**Vacation Bible School:** Vacation Bible School is offered one week during the summer. **This is a volunteer opportunity for middle school and high school students**, plus adults, to help lead the younger participants in a week full of fun, learning, crafts, and food. Virtus training required. **Contact: Kim Kennedy at 495-1886 x 426**  
**(re\_coordinator@ascensionvb.org)**

*“Let the little children come to me.” Matthew 19:14*



# SOCIAL JUSTICE MINISTRY

Ascension Social Justice Ministry comprises a variety of activities and programs both within the parish and as part of our local ecumenical and civic community. Time commitments are generally flexible and several of the ministries are seasonal in nature.

**Apple Tree:** This ministry is active in July and August of each year, collecting money and school supplies for children who otherwise would not be fully prepared for the school year. Volunteers prepare tags for the Apple Tree, purchase supplies, and assist with sorting and counting donations. **Contact: Elisabeth Berry at [elisabeth710@verizon.net](mailto:elisabeth710@verizon.net) or 497-5403** (*Virtus training required*)

**Beach Bag Ministry:** The Beach Bag Ministry was started by the Virginia Beach school system in response to food insecurity for students when school was not in session. Volunteers pack bags on the 4<sup>th</sup> Sunday of each month and help to deliver them on the last Wednesday of the month. **Contact: Ruth Brogan at [brogan@ascensionvb.org](mailto:brogan@ascensionvb.org) or 495-1886 x 414.** (*Virtus training required*)

**Bread for a Better World:** Volunteers bake artisan bread to sell after Masses on the weekends. Proceeds benefit Social Justice Ministry. **Contact: Ed and Pat Bugeja at 548-1229 ([bugedpat@cox.net](mailto:bugedpat@cox.net)).**

**Financial Assistance:** Guests in need of financial help call or come to our office and make an appointment to speak to one of our social ministers. Our volunteers in the food pantry help by supplying and collecting the required intake forms from those guests who have appointments during the food pantry hours. **Contact: Ruth Brogan at [brogan@ascensionvb.org](mailto:brogan@ascensionvb.org) or 495-1886 x 414.** (*Virtus training required*)

**Food Pantry:** Volunteers work directly in the pantry, which is open Monday-Friday 10:00am to 12:00pm. Volunteers interact with our guests; shelve donated food; bag USDA foods; and bring food cart from the commons to the pantry. Volunteers are also needed to collect foods from Food Lion, Kroger, Panera and Starbucks. **Contact Ruth Brogan at [broganr@ascensionvb.org](mailto:broganr@ascensionvb.org) or 495-1886 x 414.**

**Funeral Reception Ministry:** Small teams of volunteers assist with the set-up, food preparation, serving, and clean-up for funeral receptions to help support the grieving family. **Contact Barbara Thompson at [booklover953@hotmail.com](mailto:booklover953@hotmail.com) or 703-408-9038.**

**Garden Ministry:** Volunteers with green thumbs! Help care for fresh garden fruits and vegetables for our Food Pantry recipients! This ministry is active beginning in the spring, throughout the summer, and early fall. Volunteers help plant, harvest, and winterize the garden beds located near the rectory. **Contact Amy Petersen at [ampetersn@gmail.com](mailto:ampetersn@gmail.com) or 523-1304** (*Virtus training required*)

**GivingTree:** This ministry is active from October to December. Volunteers create the gift tags, decorate the tree, sort and wrap the gifts received, and distribute the gifts as families come to receive them. **Contact Elisabeth Berry at [elisabeth710@verizon.net](mailto:elisabeth710@verizon.net) or 497-5403** (*Virtus training required*)

**Global Solidarity:** This ministry seeks to form a relationship with our brothers and sisters in Catholic communities in other parts of the world. At this time the focus is on St. Ludovic's parish in Ulyankulu, Tanzania. **Contact Kevin Petersen at [kpetersen456@gmail.com](mailto:kpetersen456@gmail.com) or 523-1304** (*Virtus training required*)

**Holiday foods:** Thanksgiving baskets and Christmas baskets provide a full holiday meal to help make the holidays a more joyous time. Volunteers sort food items, decorate and pack each basket, and help distribute the baskets as families come to receive them. **Contact: Angela Morales at [maybe\\_im\\_amazed14@yahoo.com](mailto:maybe_im_amazed14@yahoo.com) or 474-4531; Teresa Alfes at [alfest@ascensionvb.org](mailto:alfest@ascensionvb.org) or 495-1886 x 427** (*Virtus training required*)

**Just Faith:** This program offers a selection of in-depth spiritual experiences related to various social issues. Programs may be offered at other parishes in our region. For the current list of opportunities, **contact: Marie Thompson at 495-1886 x 428 or Nancy Hess at [nancyhess@gmail.com](mailto:nancyhess@gmail.com) or 468-9256.**

**Justice and Peace:** Volunteers join with others to discuss advocacy issues and how to address them. The mission of this ministry is to bring the vision of the just and peaceable reign of God into the daily activities of the Ascension faith community through education and opportunities to become involved in the works of justice and peace. **Contact: Diane Burke at [jburke@keuka.edu](mailto:jburke@keuka.edu) or 672-3590.**

**Meals on Wheels:** One day each month volunteers deliver meals to shut-ins under the Meals on Wheels program. Training is provided for those new to this ministry. **Contact: Eileen Komuves-Overstreet at [Ekolm2@aol.com](mailto:Ekolm2@aol.com) or 739-8430** (*Virtus training required*)

**Open Table:** Ascension partners with other churches to form small groups of people who are willing to form a relationship with a family in need. This is a year-long commitment requiring 1-2 hours weekly after completing 14 hours of structured training. This ministry directly aids individuals and families toward becoming self-sufficient. **Contact: Teresa Alfes at [alfest@ascensionvb.org](mailto:alfest@ascensionvb.org) or 495-1886 x 427; or Ruth Brogan at [broganr@ascensionvb.org](mailto:broganr@ascensionvb.org) or 495-1886 x 414.**

**Prison Ministry:** Multiple opportunities to serve or aid those in prison and jail. Members may collect religious books and bibles for distribution to our local jails and prisons; write and receive mail from prisoners; interact directly with prisoners after being certified by the Chaplain; work with prisoners who are participating in a retreat experience (Kairos); and work on advocacy initiatives. **Contact: Ann Beatty at [dbeatty5@cox.net](mailto:dbeatty5@cox.net) or 463-5547** (*Virtus training required*)

**Respect Life Ministry:** This ministry seeks volunteers who are committed to the dignity of human life across the life spectrum from conception to death. The focus of the ministry may change from year to year as various aspects of life are considered. **Contact: Ruth Brogan at [broganr@ascensionvb.org](mailto:broganr@ascensionvb.org) or 495-1886 x 414; or Tom Steffens at [tomsteffens@cox.net](mailto:tomsteffens@cox.net) or 572-1263** (*Virtus training required*)

**Rise Against Hunger (formerly Stop Hunger Now):** This is a joint activity with St. Andrews UMC. Volunteers come together once a year to engage in a two-hour session making bags of dehydrated foods to aid people in disaster areas. Also seeking volunteers for the preparation committee for 2019. **Contact: Ruth Brogan at [broganr@ascensionvb.org](mailto:broganr@ascensionvb.org) or 495-1886 x 414**

**Sandwich ministry:** Volunteers make sandwiches once a month that are given to the Norfolk Catholic Worker to feed those who are in need and primarily living on the street. **Contact: Barbara Wiley at [btwiley@hotmail.com](mailto:btwiley@hotmail.com) or 499-4340** (*Virtus training required*)

**Soup and Sacrament:** On five Tuesdays during Lent, our church family comes together to eat soup and bread, and then celebrate liturgy together in the ACC. Volunteers are needed to help in the kitchen, for set up, clean up, and to make soup and/or bread. **Contact: Ruth Brogan at [broganr@ascensionvb.org](mailto:broganr@ascensionvb.org) or 495-1886 x 414**

**Soup Kitchen:** Every two months, volunteers cook and serve an evening meal at the Judeo-Christian outreach center for about 100 people. As a volunteer you can cook or serve...or do both. **Contact: Marie Thompson at [thompsonm@ascensionvb.org](mailto:thompsonm@ascensionvb.org) or 495-1886 x 428** (*Virtus training required*)

**Winter Shelter:** Ascension participates with other Virginia Beach churches in offering shelter to the homeless during the winter months. Volunteers can: prepare and serve breakfast (around 4am.); clean up the ACC (around 7:30a.m.); wash bath towels; make sandwiches for lunch; cook and serve dinner; interact with our guests; spend the night; and sign up for food and supply donations. **Contact Rudy and Terry VanOekel at [rvanaekel@cox.net](mailto:rvanaekel@cox.net) or 467-6840; Debbie and Mark Wilsey at [willsee@cox.net](mailto:willsee@cox.net) or 321-9303; Ann and Jim Young at [youngfamilyof4@yahoo.com](mailto:youngfamilyof4@yahoo.com) or 416-1512, or Jessica Young at 353-5738** (*Virtus training*)

**World Food Day:** Volunteers make and distribute food item request tags after each mass; sort, bag and distribute the food collected. **Contact: Sandra Raiter at [ffsr dickie@verizon.net](mailto:ffsr dickie@verizon.net) or 499-5775** (*Virtus training required*)

## Ecumenical and Community Associations

### Social Justice Ministry:

Ascension is a member of several community associations. These groups have, as part of their mission, the betterment of the citizens of Virginia beach and/or the State of Virginia by encouraging and advocating for such issues as: homelessness, emergency shelter for families in need, repair of deteriorating homes, and financial assistance

**Bank-On:** Helps people to have the ability to adequately fund basic living expenses. Ten monthly classes are offered and participants in the program meet with a financial coach. A savings incentive program matches participant's savings of \$150.00 to create a financial cushion against unexpected needs. Seeking individuals with financial background who would like to be trained as a coach. **Contact: Ruth Brogan at [broganr@ascensionvb.org](mailto:broganr@ascensionvb.org) or 495-1886 x 414.**

**Faith Works Coalition:** This is an ecumenical ministry consisting of volunteers who help to repair and maintain homes for those who are elderly and/or have low income. **Contact: Matt Schorr at [mschorr2@verizon.net](mailto:mschorr2@verizon.net) or 467-4112**

**Sowers of Justice:** This group offers a wide range of topics for discussion and action. Issues such as the death penalty, the environment, and respect for life are some of the cornerstone topics. **Contact: Nancy Hess at [nancyahess@gmail.com](mailto:nancyahess@gmail.com) or 468-9256; or Marie Thompson at [thompsonm@ascensionvb.org](mailto:thompsonm@ascensionvb.org)**

*"Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon." Isaiah 58:10*

# COMMUNITY LIFE

**Coffee Bar Hospitality:** Volunteers are needed to help set up and clean up the coffee bar before/after Masses on the weekends. **Contact: Jim Fowler at 497-1040 ([jfowler215@gmail.com](mailto:jfowler215@gmail.com))** (*Virtus training preferred*)

**Disability Parish Advocate:** This ministry supports the Diocesan Office for and with persons with disabilities. **Contact: Angela Kahler at 409-2122** (*Virtus training required*)

**DivorceCare for the Divorced or Separated:** Offering seminars during the year utilizing a structured program, workbooks, journals, and videos. Sunday evenings from 6:00-8:00pm in the Conference Room. **Contact: Kathy Ahearn at [kathyahearn@gmail.com](mailto:kathyahearn@gmail.com) or 467-7616** (*Virtus training not required*)

**Funeral Service Set-up:** Our parish hosts a variety of events during any given week. Throughout the morning of a scheduled funeral service, preparations are made to ensure the commons and sanctuary are presentable for this solemn service. This ministry requires individuals with flexibility in their schedules. Funerals are usually scheduled three to seven days after a death, and the timing is dependent upon the wishes of the family, availability of the church, and the schedule of the presider. Volunteers for this ministry would arrive about two hours prior to the time of the service to prepare the area and welcome visitors. **Contact: Deacon Gary Harmeyer at 735-2227 ([gary.harmeyer@gmail.com](mailto:gary.harmeyer@gmail.com))** (*Virtus training encouraged*)

**Funeral Ministry Follow-up:** This start-up ministry is for supporting our parishioners who have recently suffered the loss of a loved one. Volunteers contact the family a few weeks to a month following the funeral for support and prayer. **Contact: Deacon Gary Harmeyer at 735-2227 ([gary.harmeyer@gmail.com](mailto:gary.harmeyer@gmail.com))** (*Virtus training encouraged*).

**GriefShare:** For anyone experiencing the death of a love one or family member. Walk your journey of grief with those who are on the same path as you. Offering seminars throughout the year utilizing a support group, workbook, and videos. Sunday evenings from 6:00-8:00pm on the Second Floor Back Conference Room (follow the griefshare meeting signs). **Contacts: temporarily vacant** (Virtus training not required).

**Knights of Columbus:** Mother Teresa of Calcutta Council #12117 was established on December 17, 1997. We are a fraternal organization of Catholic men whose ideals are based on the concepts of Charity, Unity, Fraternity, and Patriotism. With a membership exceeding 75 Brother Knights, we perform volunteerism and conduct fundraising events in order to support local charities and organizations. With extremely active programs in the areas of Church, Family, Youth, Culture of Life, Community, and Council, there is something for everyone! All men, ages 18 years old and up, who are practicing Catholics are eligible to join our Order. **Contact: Lanny White at [lannywhite@cox.net](mailto:lannywhite@cox.net) or 348-4175** (Virtus training encouraged)

**Ladies Auxiliary of The Mother Teresa of Calcutta Council:** An organization of Christian and Catholic women, ages 18+, who support the Knights of Columbus in their activities and also provide spiritual and financial support to the needy, promote the principles of youth and family, and are actively involved in church and the community. **Contact: Diana Novak-Blakeburn at [diana.novak@cox.net](mailto:diana.novak@cox.net)** (Virtus training encouraged)

**Legion of Mary:** Organization to give glory to God through the holiness of its members developed by prayer and active co-operation in Mary's and the Church's work. The Legion's priority is the spiritual and social welfare of each individual. Members participate in the life of the parish through visitation of families, the sick, and through collaboration in the mission of the parish. Meets on Thursday at 10:30am in the church Library. **Contact: Felicitas Navarro at 495-1375 ([fsn724@cox.net](mailto:fsn724@cox.net))** (Virtus training required)

**Ministry to the Sick:** Provides Eucharist to those who are hospitalized or homebound.) To arrange for a visit,  
**contact: Deacon Gary Harmeyer at 735-2227 ([gary.harmeyer@gmail.com](mailto:gary.harmeyer@gmail.com)); Deacon Tom McFeely at 681-2005 ([mcfely6@cox.net](mailto:mcfely6@cox.net)); Deacon Jim Ahearn at 353-7328; John Maiorana at 560-7753 ([johnmajor@cox.net](mailto:johnmajor@cox.net))** (*Virtus training required*)

**Hospitality/Welcoming:** Seeking individuals who would enjoy greeting people as they arrive for liturgy, or welcome newcomers by making phone or email contact to set up meetings with the family for a tour of the church. Handbooks with information packets are available for all newly-registered parishioners. A great ministry for anyone who enjoys meeting and greeting people to make them feel at home at Ascension.

**Contacts: Melinda Hughes 818-4629 [mhughes924@verizon.net](mailto:mhughes924@verizon.net) and Sandy Raiter 499-5775 [ffsr dickie@verizon.net](mailto:ffsr dickie@verizon.net)** (*Virtus training required*)

**Parish Nurse:** Seeking current and retired Health Care workers who would like to assist in the ministry.

**Contact Patty Stanford at 471-5321 [vbstanfords@cox.net](mailto:vbstanfords@cox.net) (Virtus?)**

**Parish Office Volunteer:** Volunteers for our busy office environment are needed to assist parish staff. If your talents include computer skills, answering phones, filing, handling bulk mailings and other projects, this ministry may be calling you. Morning and Afternoon shifts available. **Contact Joanne Webb at [secretary@ascensionvb.org](mailto:secretary@ascensionvb.org) 495-1886x410** (*Virtus training encouraged*)

**Parish Pastoral Council:** Parish Council is an inclusive, prayerful, working advisory group that assists the pastor with defining the present and future needs of the parish. Each Council member endeavors to listen to parishioners and then faithfully present expressed concerns, ideas, and questions to the Parish Council. The Council functions in an atmosphere of prayer and openness to the Holy Spirit in order to become and remain grounded in faith and responsive to the Church's mission. The Council gathers, holds retreats and orientation workshops annually, and hosts the Easter Vigil reception to welcome new members to the congregation. **Contact Julie Bressette at [qr8tk1ds@cox.net](mailto:qr8tk1ds@cox.net)** (*Virtus training encouraged*)

**Prayer Shawl Ministry:** A nationally-established ministry for parishioners who knit or crochet shawls. The shawls are given to individuals in need of feeling God's arms wrapped around them as they go through chemotherapy or dialysis treatment. We express our compassion and faith in the healing power of prayer to our parishioners going through this difficult time in their lives. The shawls are blessed prior to distribution to parishioners, and if there is not a need in our parish at the time, shawls will be given to patients at Princess Anne Sentara's Chemo Center. If you do not knit or crochet but would like to donate yarn, that is welcomed also. For more information or to request a shawl, contact: **Colleen Stiles at 467-6842 or Chris Krueger at 467-4968** (*Virtus training not required*)

**Prayer Teams:** Church of the Ascension's Prayer Team Ministry supports the spirit of the global Church's "New Evangelization" to bring the personal presence of Jesus to those in need. The Prayer Team Ministry members are available at weekend masses one weekend a month. Prayer team members pray with people for intentions, large or small. The purpose of the Prayer Team Ministry is to assure individuals of God's love through simple, inviting prayer, realizing that the Holy Spirit is the agent of peace, hope, and healing. **Contact: Matt Hamrick; mhamrick@vt.edu** (*Virtus training required*)

**The Rainbows:** *For our more experienced parishioners of all ages!* Serving our parish and each other by running bake sales, a craft booth at our craft shows, and helping with food prep at the Easter Vigil and much more. We meet every Monday at 10:45 am. Business, social meetings, crafts, and lunch out once a month. Spiritual retreats during Lent and Advent. For men and women who are Forever Young! **Contact: Vic Gruning 493-9193 ivgruning@gmail.com** (*Virtus training encouraged*)

**Scouting:** Offers boys and girls opportunities to camp, explore, and achieve many physical, intellectual, spiritual, and social goals. Boys and girls 6th grade to age 18 travel the road to Eagle Scout through Troop 408 and both young men and women from ages 14 to 21 may join the Venturing Crew 408. **Contact: Jim Fowler at ifowler215@gmail.com or 497-1040** (*Virtus training required*)

**Welcome Desk: NEW!!** This ministry continues the welcoming spirit of Church of the Ascension. The desire is to have at least one person before and after Mass stationed at this desk to answer questions and assist parishioners and visitors. This position would help people register in the parish, give out name tags, and provide general information as needed. Time commitment would be 30 minutes prior to and after Mass when scheduled. **Contact: Christine Chambers at [chambersc@ascensionvb.org](mailto:chambersc@ascensionvb.org) 495-1886 x 417; or Lisa Liedl at [liedll@ascensionvb.org](mailto:liedll@ascensionvb.org) 495-1886 x 422** (Virtus training required)

*"For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others." Romans 12:4-5*

# FINANCE/OPERATIONS/WAYS AND MEANS MINISTRY

Unless otherwise specified, contact Lisa Liedl at [liedll@ascensionvb.org](mailto:liedll@ascensionvb.org) or 495-1886 ext 422.

**Count and Bank Offertories:** Count Offertory contributions each Sunday after Liturgy. Four teams rotate counting once monthly. Computer skills are helpful for data input. The process takes 3 to 4 hours on Sunday. Counters at different fundraisers are also needed. Time and dates vary depending upon event; when needed, it would be only a few hours. (*Virtus training encouraged*)

**ACC (Ascension Construction Crew):** This group puts much effort into keeping our buildings and grounds in good condition. Volunteers find an excellent opportunity to experience fellowship while learning many new skills in electrical, carpentry, plumbing, etc. The Crew meets on Saturday mornings and works for no more than four hours. This group also helps with table & chair set up for special events and fundraisers. Your level and frequency of support is up to you. (*Virtus training required*)

**Communications:** Create visual announcements for screens in the Commons, update existing documents, assist with email communications, and/or help implement new communications strategies as needs arise. Volunteer from home on your schedule. Computer proficiency required for most tasks. **Contact Christine Chambers [chambersc@ascensionvb.org](mailto:chambersc@ascensionvb.org) 495-1886 x417**

**Grounds Care:** We have extensive grounds to maintain and beautify, including seasonal plantings, pruning, weeding, and improving our property. No grass cutting! Any amount of time during the week or on weekends. (*Virtus training required*)

**Safety Program:** The goal of the Safety Program is to provide a safe and secure place for all God's children. The program consists of a **Safety Committee, Safety Team** and **Medical Team**.

- The **Safety Committee** meets quarterly to review safety plans, training and team status.
- The **Safety Team** (experience desired but not required - Military, Police, Fire Fighters, First Responders, etc.) aids in maintaining a safe environment prior to, during, and after weekend Masses and special events.
- The **Medical Team** (experienced required - RN's, DR's, EMT's, etc.) provides general first aid, patient evaluation, and emergent medical care while waiting for emergency response.

All members must attend Safety Indoctrination Training and *Virtus* Training. CPR and First Aid knowledge is desired for Safety Team and required for Medical Team. Attend quarterly or refresh training as needed (average 1.5 hours).

Time commitment:

- Safety Team – provides 2 hours of coverage per mass (preferably the mass you are NOT celebrating due to the attentive safety roles and responsibilities). Requires standing and walking for 1 to 2 hours at a time including inside and outside.
- Medical Team – no time requirements; attends regular masses and makes themselves available as needed

**Contact: Don Bressette at 641-4703 ([breezenva@cox.net](mailto:breezenva@cox.net))** (*Virtus training required*)

**Ways and Means Committee:** This Committee coordinates all community builders and fund raisers, including Parish Breakfasts, Christmas Bazaar and Craft Show, Plant Sale, & Parish Social Family Events. The Committee provides support and guidance to event leaders. August – June monthly meetings are held the first Wednesday of each month at 6:00pm in the ACC.

- **Bakers:** People to bake during the year for special fundraising events (such as Christmas Bazaar and French Café).
- **Cooking Crew:** Prepare food for all parish social events, including Parish Breakfasts, Pancake Supper, and our Christmas Bazaar. (*Virtus training required*)
- **Food Servers:** We need Food Servers at most of our functions where food is served. (*Virtus training required*)
- **Public Relations/Computer Graphics:** If you are creative and like to work from your home, you can help our W&M Ministry. We need volunteers to notify the local newspaper, radio & TV stations, and inform other parishes of our events. Make tickets and coordinate selling. Request bulletin notices and digital signage to notify our parishioners of events. Work with our Parish Secretary and W&M coordinator.
- **Set Up/ Tear Down/Clean Up ACC:** People needed prior to events to arrange and set up tables. After the event, need to remove trash, sweep, put away items, and leave the ACC ready for use of the next group. (*Virtus training required*)
- **Decorate:** People needed the morning of the event to place tablecloths, table settings, and needed items out. Possibly put chair covers on chairs. Decorate ACC and tables. (*Virtus training required*)
- **Kitchen Clean Up:** Wash dishes, sweep and mop kitchen during events when the kitchen is being used to prepare food. Secure the kitchen after events. (*Virtus training required*)



