

PARISH MINISTRY
HANDBOOK

2017-2018

CHURCH OF THE
ASCENSION



Revised 4/26/2017

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.

Again, a most sincere welcome!



Fr. Daniel Malingumu

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.

Church of the Ascension
4853 Princess Anne Road
Virginia Beach, VA 23462-4446
757-495-1886
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

Wednesday, Thursday, and Friday

Gluten Free 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 5/1/17

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Welcome

Church of the Ascension

Mission

The Church of the Ascension lives by its mission statement which was developed in its founding days: *Proclaiming the Word of God, Celebrating the Eucharist and Serving the Local Community*. There are over 70 different ministries within the church that support this mission and there are hundreds of volunteers who bring God's love to the world.

Through social ministry to those in need, ecumenical outreach, Bible study, celebration of liturgy and the sacraments, ministries that keep the parish operating effectively and those that meet the needs of the parishioners, guest speakers and opportunities to share good times, the Ascension community takes seriously the words from the Dismissal Rite: *"Go now and serve the Lord and one another."*

Founding

The spirit of Ascension is an outgrowth of the papacy of St. Pope John XXIII who opened the windows of an ancient church to let in the renewing air of the Spirit. The collegiality and commitment characterized by this Second Vatican Council (1962-65) inspired the founding community of the Church of the Ascension in 1972.

The parish, which began as an offshoot of St. Gregory the Great, sought to personify the vision of the Council. Parishioners began meeting in a local Kempsville school, but it was soon evident that the rapidly growing congregation needed a permanent Sanctuary.

In the fall of 1973, a Building Fund Drive raised monies for the initial construction. The structure was conceived to serve the basic activities required for forming a new community. Several construction campaigns later, the building continues to grow to meet ever-changing needs.

Architecture

The unique design of Ascension evolved from the understanding that the Church is not a building, but a People – God’s believing people. These people are called by Jesus to become One even as He and the Father are One. Therefore, the people need a space to learn to know each other, to care about each other and to discuss how to carry out the mission of the Gospel together.

Accordingly, the interior was designed to promote both worship and interaction through two large gathering spaces called the *Commons* and the *Sanctuary*. The Commons is suitable for many functions, but it exists primarily to create a sense of community before entering the worship space. Parishioners must become the unified People of God before moving into the Sanctuary to celebrate the liturgy.

The Commons is spacious and its many long windows encourage a connection to God’s creation. They are also a vivid reminder that a Catholic Christian’s call is to bring the Gospel to the world outside the worship space.

Sanctuary

The doors to the Sanctuary are faced with a wrought iron bas relief in four sections. The center two panels depict the Trinity embedded in the symbols of the Eucharist. Shalom (peace) on the planet Earth is the theme of the panel on the left and the panel on the right portrays the hope of peace and new life in the hearts of all people. Prior to the most recent renovation, the sculpture had hung on the wall behind the altar in the Sanctuary.

On the wall to the right of the Sanctuary doors is a memorial to those who serve in the military. Votives offer a silent prayer for the safety of those in the Armed Services. On the wall to the left of the Sanctuary is The Book of the Gospels which is always opened to the appropriate Sunday of the Liturgical Year.

The Sacristy, which houses the items needed for the Eucharistic celebration and the Vestment Room flank the main aisle of the entrance to the Sanctuary.

At one time, the altar table, ambo and Presider’s chair in the Sanctuary were all made from the hatch covers of World War II Liberty ships. This was in keeping with the nautical character of Virginia Beach and the presence of so many navy and maritime families in the community. The hatch cover altar is now used in the Eucharistic Chapel.

A piece of religious art in the Sanctuary is the Cross of San Damiano on the wall to the right of the altar. St. Francis was praying before this type of crucifix when he received the call from God to rebuild the church. It is the call

of the Christian to this day to support each other in the journey to holiness. A crucifix made by Christian artisans from the Holy Land is suspended above the altar.

The immersion pool to the right of the altar table is used for baptisms. Those baptized are given the choice of sprinkling or immersion.

The sign of the cross is depicted in word and image in a series of four stained glass windows that dot the upper part of the outer walls of the Sanctuary.

The Sanctuary has been the site of two highly significant ecumenical outreaches. At one time, the Reform Jewish Community, Beth Chaverim, used the building on Friday evenings for their worship services. A Hindu community met here while they were in the process of constructing their own meeting space.

Commons: Left Wing

In the Commons, to the left of the entrance to the Sanctuary, is the Book Store which offers an assortment of books, cards and other religious goods. Next to that is the Religious Formation office known as Emmaus II.

Though others might call this office “CCD” or “Religious Education,” the Ascension community deliberately identifies what goes on here as religious *formation* and the process as *Emmaus II*. The difference between education and formation lies in the nature of the experience. The one implies the learning of factual material; the other is concerned with the development of character. Catholicism is not a collection of facts, but a world view that interprets all that a baptized person encounters and forms a gospel-based response.

Emmaus is the name of the town to which some disciples of Jesus were going when they met Him on the road after His resurrection. They asked “*Were not our hearts burning within us as he explained the scriptures to us?*” The Emmaus II staff and volunteers seek to recall that journey. Their goal is to form modern day disciples whose hearts burn for Jesus. There are programs that support youth, adults, those returning to the church after an absence, and those inquiring about the faith and practices of the Catholic faith tradition. The religious formation staff is present in this office during the week and on Sundays.

Within the *Emmaus II* office is the Parish Library. This room contains reading material and reference works for parishioners and also serves as a small meeting room.

The coffee bar to the left of the Emmaus II office is a primary gathering place before, during and after all functions in the building. In order to encourage a spirit of warmth and friendly sharing, coffee is always available.

Immediately to the rear of the coffee bar is the parish kitchen which is large enough to serve Ascension's many parish events and receptions. It, and the large social hall attached to it which is known as the Ascension Community Center (ACC), are available for rent by parishioners and the wider community.

The Social Ministry Office and Food Pantry are located next to the ACC with a separate entrance. Here as are the offices of the Social Ministry staff. They process the requests of those who need financial or other kinds of assistance

The area beneath the stairwell in the Commons is a collection point for clothes and household articles to be picked up by thrift agencies. The Social Ministry Office at Ascension also uses these donations to meet the needs of the many people who come to Ascension for help.

Commons: Right Wing

The right wing of the Commons leads to the Registration Desk, Elevator, Lost and Found, Reconciliation Room and the Chapel. In the Reconciliation Room, the furniture is placed to allow either anonymous use of the Sacrament or a conversation type celebration. This room is also used for counseling and as a place for families to gather for privacy during a wake service.

The Eucharistic Chapel is a small worship space where liturgy is celebrated during the week. Salvador Dali's "Christ of St. John of the Cross" hangs on the wall to the right. A traditional crucifix hangs behind the altar. The Tabernacle for the church is located in the Chapel and the sanctuary candle remains lit, indicating the Eucharist is present. On the wall to the left is a painting of the Ascension of Jesus. It is a fitting reminder of the risen Lord and the event which gave the parish its name.

The Chapel is used for small weddings and to wake the bodies of those who have died. The womb-like Baptismal font was sculpted by a Virginia Beach artist and was the font originally used in the Sanctuary before the immersion font was constructed. The walls are hung with 14 bronze medallions on oak that depict the Stations of the Cross. They feature the faces of Jesus and of those involved in the journey to Calvary.

The Amber Candle is placed in the Chapel for Memorials, Celebratory occasions and Thanksgiving offerings.

Outside the Chapel is the Columbarium and Meditation Garden which provide niches for the cremains of parishioners and a quiet environment for prayer. A large sculpture on the wall shows Jesus with outstretched arms welcoming all - both the living and the dead.

Mezzanine Level

On the second floor of the Commons, there are several meeting spaces. The Conference Room is located through the door directly in front of the stairs. The YOA-(Youth of Ascension) Youth Room is off to the right and St. Michael's and St. Clair's classrooms are farther still. St. Francis' classroom, also used as a nursery, is a glassed enclosed space that completes the loop. The elevator exits here.

Social Justice Ministries

The Ascension Community Center (ACC) is attached to the main church building through a breezeway. It was originally built to house bingo, parish events and rentals. In 2016 a portion of the ACC was converted to house our growing Social Justice Ministries Offices and Food Pantry.

Outside

Across the road from the Ascension building is the picnic area, which was designed and built by parishioners. It houses various parish gatherings, private rental, and summer Boy Scout meetings and other gatherings.

To the left of the main building is the Parish Administration Office. Housed in this building are the Pastor's Office, Parish Secretary Office, Business Office and the Music Minister.

A memorial flag pole, dedicated to those Armed Forces members who are missing in action, marks the path which leads to the Rectory.



“As each one has received a gift, use it to serve one another as good stewards of God’s varied grace.” 1 Peter 4:10

Church of the Ascension supports all the important events in your life:

Weddings are coordinated by a special team which will help you plan the details for a sacramental experience. Contact the Parish Office, the Parish Secretary is also the Wedding Coordinator to start this process. 495-1886, ext. 410

Baptism of both children and adults is a faith journey that unfolds through a series of preparation experiences for the parents and the individuals involved. For full details and contact Kathy Ahearn, at 495-1886 ext. 411 (ahearnk@ascensionvb.org)

Ministry to the Sick brings Eucharist to those who are hospitalized or homebound. Contact Deacon Gary Harmeyer (c) 735-2227 (gary.harmeyer@gmail.com) Deacon Tom McFeely (c) 681-2005 (mcfely6@cox.net), or John Maiorana 560-7753 (johnmajor@cox.net) to arrange for a visit. The **Parish Nurse** is Patty Stanford and she can be reached at 471-5321 (ybstanfords@cox.net). Angela Kahler 409-2122 is our parish **Disability Advocate**.

Funeral Ministry provides many opportunities for ministry. Church set-up; food and set-up for the reception; and follow up with family after a funeral liturgy. The Music Director plans the liturgy with the family. When a loss occurs, please contact the Pastor at 495-1886 x416 and Diane Nestor at 495-1886 x 413 or online at nestord@ascensionvb.org for help.

GriefShare and **DivorceCare** offer seminars and community support. Contact Steve and Danna Newsom at 777-8924 for GriefShare and Kathy Ahearn, at 495-1886 ext. 411 (ahearnk@ascensionvb.org) for DivorceCare.

Spiritual Enrichment Opportunities occur throughout the year. We can assist you in finding a small faith-sharing group. Ongoing offerings include Bible Study, various Adult formation offerings, such as Discovering Christ, and young adult and teen gathering. There are Filipino/American **Charismatic Prayer Meetings** which occur on Saturdays, 6:30-9pm. The **Cursillo** retreat is coordinated by Kathy Ahearn at 495-1886, ext. 411 and the contact for the **Discalced Carmelites-Secular Order** is Charles Bush at 497-4128. Ecumenical dialogue occurs regularly among Virginia's Lutherans, Anglicans, Roman Catholics and United Methodists (**LARCUM**) churches.

Faith Formation for Adults and Children is coordinated by the Religious Formation office known as Emmaus II. Contact Janet Jones at 495-1886 ext. 423 (jonesj@ascensionvb.org)

Community-building groups reach all ages.

The Rainbows - Forever Young - Our “senior” parishioners gather at meetings every Monday at 10:45am. Business is conducted on the first Monday, socials on the second and third, and Lunch Out on the fourth Monday. Both men and women adults of all ages are welcome. Contact Loretta Sepulveda, 473-9364.

Hospitality/Welcoming (and Greeters) welcomes all those joining the parish with quarterly receptions. For help in feeling at home at Ascension, contact Melinda Hughes 467-9853 or Sandy Raiter 499-5775.

The **Knights of Columbus** serve each other and the wider community in a variety of outreaches. If you are a male and would like to join the Knights, contact: Bill Rockwell, 282-3795, w.rockwell2@gmail.com. If you are a female and would like to join the **Ladies Auxiliary**, contact Stephanie Gruning, stephaniegruning@gmail.com, President, at 493-9193.

Boys and Girls Camp, explore and achieve many physical, intellectual, spiritual and social goals through **Scouting**. Boys sixth grade to age eighteen travel the road to Eagle Scout through Troop #408. Contact Ramon Villa, 760-405-3179.

Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. So then, while we have the opportunity, let us do good to all, but especially to those who belong to the family of faith.

Galatians 6:9-10

Creating a Reverent Liturgical Experience

Some Reminders

At Ascension, we are fortunate to have a wonderful parish. The parishioners have made this a fantastic community to celebrate the sacraments with a prayerful spirit-filled attitude. This is not always easy. It takes careful planning, prayerful preparation, powerful music, reverent participation and a faithful commitment to living as a believer in the Lord Jesus. All should be proud for assisting in celebrating liturgies.

It is not easy to provide such reverent liturgies with 450–650 people present. It takes care from each person to provide a neat, reverent space for everyone. Please call to mind some guidelines that are important so everyone can have a prayerful experience.

Making Liturgies Reverent and Prayerful for All

Please arrive on time for liturgies; it is distracting when people arrive late and the service has begun. If you do arrive late, it is important *not to walk in as the Liturgy of the Word is being proclaimed*. Please wait until there is a break and take a seat that is close. Please do not stand against the wall.

It is good to arrive early and meet new parishioners, or catch with parishioners you already know. Greet them in the Commons to help us create a community where you are recognized and where you recognize others. *Liturgies are not just personal moments to touch our God*; they are moments of gathering as a community to celebrate together. Our liturgies are intended to deepen our personal prayer at other times.

Please do not bring food or drinks (other than water) into the Sanctuary.

There are differing patterns of respect for receiving the Eucharist. Our parish has not set any special pattern when you receive the Eucharist. But bowing before or making the sign of the cross after receiving are very acceptable. Receiving the Eucharist from a lay minister of Holy Communion is as holy as receiving from the ordained priest or deacon.

We ask that you stay through the end of the liturgy. Just as it can be distracting to arrive late for a liturgy, it can also be distracting when you leave early. Please give freely this time to the Lord.

IMPORTANT NOTE (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)**
- **Community Life – Jim Fowler 497-1040 (jfowler215@gmail.com)**
- **Finance/Operations/Ways & Means – Lisa Liedl 495-1886 ext. 422 (liedll@ascensionvb.org)**
- **Religious Formation – Janet Jones 495-1886 ext. 423 (jonesj@ascensionvb.org)**
- **Social Justice – Ruth Brogan 495-1886 ext. 414 (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.

Most organizations that work with children have some sort of child safety program. Through the Diocesan Protecting God's Children Program, we maximize those efforts by helping churches and religious organizations refine their roles as child-safe environments and empowering caring adults to protect children. (Virtus.org or www.VirtusOnline.org) This program also identifies and protects others at risk like the mentally challenged, the infirm or the elderly.

VIRTUS - Why is it Required?

The Diocese of Richmond, like many other Dioceses, Churches and organizations, requires awareness training to protect those people considered most vulnerable. In order for our ministries to include or serve people with disabilities, the infirm, the elderly, and children, volunteers must complete this awareness program.

All that is required is a few hours of your time to attend a Virtus Seminar. It is free!

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, religious 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 or 757-495-1886 x 422) or Kathy Ahearn (ahearnk@ascensionvb.org or 757-495-1886 x411).

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)**

Choir: Share your gift of musical talents for our liturgical celebrations. Ages, high school to adult. Soprano, alto, tenor, and bass positions. Cantor positions are by audition with the director and require workshop attendance. Rehearsals are Thursday evenings from 7:00 to 9:00 pm. One can also join for special seasonal events such as Christmas and Lent. **Contact: Diane Nestor at 495-1886 ext. 413 (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 ext. 413 (nestord@ascensionvb.org)** (*Virtus training required*)

Youth Choir: Singers and instrumentalist ages 11 to 18. Auditions for instruments to play for youth Mass once a month. **Contact: Diane Nestor at 495-1886 ext. 413 (nestord@ascensionvb.org)** or Ramon Villa at 760-405-3852

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 ext. 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. A training session of approximately 2 hours is a prerequisite. Scheduling is done 3 months in advance. Ages: Ninth grade and up.

Contact: Mike and Mary Encarnacao at 630-6316 (mencarnacao@verizon.net) (*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*)

RELIGIOUS FORMATION

Our Religious Formation programs span from families seeking Baptism for their infants through adults. There are numerous ways to volunteer 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 Religious Formation Office will assist you in meeting those requirements.

We have two volunteer opportunities for Middle and High School Youth: Children's Liturgy & Vacation Bible School

If you like working with Adults...

Baptism Sacramental Team: Assist during the Parent Sacramental Preparation Meeting. The preparation classes are scheduled for a Thursday evening every other month. Assistance is also needed setting up the Sanctuary and rehearsing with parents on the day of Baptism. Training is provided.

Contact: Kathy Ahearn, at 495-1886 ext. 411
ahearnk@ascensionvb.org

Confirmation Sponsor for an Adult: Listen and share faith with an adult member of the community preparing to celebrate Confirmation. Bi-weekly Sunday meetings plus occasional retreat and adult formation offerings.

Contact: Barbara Wiley at 499-4340 or 495-1886 ext. 411
BTWiley@hotmail.com

RCIA Sponsor: Weekly Sunday commitment plus occasional retreat experiences and adult formation offerings. Listen to and share faith with an adult who is inquiring into the Catholic faith and/or preparing for full initiation into the Catholic faith.

Contact: Barbara Wiley at 499-4340 or 495-1886 ext. 411
BTWiley@hotmail.com

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 x423 (jonesj@ascensionvb.org)

Discovering Christ Team: Discovering Christ is an eight-week series and includes a life-changing retreat. Participants enjoy a meal, listen to a dynamic teaching and participate in a small group discussion about how to have 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 x423 (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 x423 (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 x423 (jonesj@ascensionvb.org)

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

Contact: Barbara Wiley at 499-4340 or 495-1886 ext. 411 (BTWiley@hotmail.com)

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)

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)

If you like working with K-Middle School Children...

Children's Liturgy of the Word: Leader or Assistant. Lead children in Sunday Liturgy of the Word celebration, September through May. Review program material prepared by planners. Assistant will assist leader. All scripts and materials are prepared. **This is a volunteer opportunity for middle school and high school students.** Virtus training required.

Contact: Kathy Ahearn, at 495-1886 ext. 411

(ahearnk@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: Mary Bergen-Bish at 495-1886 ext. 426

(bishm@ascensionvb.org)

Grades K-5 Faith Formation: Catechist, Co-catechist, or Assistant Catechist who teaches one-hour faith formation sessions on Wednesday afternoons or evenings at 4:30 to 6:30 pm from September through May. Attend in-service meetings. Background and support materials provided. Virtus training required.

Contact: Mary Bergen-Bish at 495-1886 ext. 426
(bishm@ascensionvb.org)

Middle School Faith Formation (Grades 6–8): Catechist, Co-catechist, or Assistant Catechist who teaches one-hour faith formation sessions on Tuesdays from September through May. Requires training and preparation time. Virtus training required.

Contact: Mary Bergen-Bish at 495-1886 ext. 426
(bishm@ascensionvb.org)

Special Needs Faith Formation Helper: Do you have experience working with children who have special needs? Inclusion is our goal, but 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 x423 (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: Mary Bergen-Bish at 495-1886 ext. 426 (bishm@ascensionvb.org)**

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 beginning in July of each year and helps to provide school supplies to children who otherwise would not be fully prepared for the school. Volunteers prepare tags for the Apple Tree and assist in packaging and distributing the supplies. **Contact: Elisabeth Berry at elisabeth710@verizon.net 497-5403** (*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 (buedpat@cox.net).**

Financial Assistance: Guests who ask for 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.

Food Pantry: Volunteers work directly in the pantry which is open Monday-Friday 10:00 to 12:00. Volunteers interact with our guests; shelve donated food; bag USDA foods; bring food cart from the commons to the pantry; collect baked goods from Panera and Starbucks. **Contact Susan Hughes at Coffee3@cox.net, 757-737-0800 or Jeanne Earley at 497-7320** (*Virtus training required*)

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 Ginger Jansen at fuge1484@cox.net at 495-4929** (*Virtus training required*)

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 757-523-1304** (*Virtus training required*)

Giving Tree: Volunteers help to make the gift tags, decorate the tree and sort the gifts received. **Contact Elisabeth Berry at elisabeth710@verizon.net 497-5403**(*Virtus training required*)

Global Solidarity: This ministry seeks to form a relationship with our brothers and sisters in other 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 523-1304**(*Virtus training required*)

Holiday foods: Thanksgiving baskets and Christmas baskets provide food to help make the holidays a more joyous time. Volunteers sort food items, decorate and pack each basket and help to distribute the basket as families come to receive them. Contact **Edwina or Oscar Gonzalez at Winnie.gonzalez@verizon.net or 424-0820; Rick Brown at mac8085—two@yahoo.com or 495-4515; Angela Morales at [maybe im amazed14@yahoo.com](mailto:maybe_im_amazed14@yahoo.com) or 474-4531; Christine Chambers in Social Ministry Office, 495-1886, 427** (*Virtus training required*)

Justice and Peace Committee: This ministry has as its mission justice and peace issues in all activities at Ascension. Its current focus is on advocacy. **Contact: Diane or Joe Burke at jburke@keuka.edu; burke@keuka.edu 672-3590.**

Just Faith: This program bridges the two ministries of religious education and social justice. It is a small group faith sharing process that offers several types of experiences which give the participants the opportunity to a deeper commitment to service. **Contact Nancy Hess at nancyahess@gmail.com 468-9256**

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 Ann Goodman at anngoodman@hotmail.com 455-6413** (*Virtus training required*)

Prison Ministry: Members are able to do a variety of activities that serve 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 do advocacy initiatives. **Contact Ann Beatty at dbeatty5@cox.net 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 495-1886x414 or Tom Steffens at tomsteffens@cox.net 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 marathon making bags of dehydrated foods to be given to people in disaster areas. Contact Ruth Brogan if interested in being on the committee for 2018. broganr@ascensionvb.org

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 499-4340** (*Virtus training required*)

Soup Kitchen: Every two months volunteers cook and feed an evening meal at the Judeo-Christian outreach center for about 100 people. As a volunteer you can cook or serve...or do both. **Marie Thompson at thompsonm@ascensionvb.org or Jim and Kathie Fowler at jfowler215@gmail.com 410-507-1890** (*Virtus training required*)

Summer Shelter: When summer comes the local hotels raise the room rates and many families no longer are able to continue to stay in the rooms they occupied during the winter. Ascension participates in the Virginia Beach Family Emergency Shelter Team by providing one week's shelter for 3 families during the summer. If you are interested in participating please contact Ruth Brogan 495-1886x414 or broganr@ascensionvb.org.

Winter Shelter: Ascension participates with other Virginia Beach churches in offering shelter during the winter months. Volunteers can: prepare and serve breakfast (around 4am.); clean up the ACC (around 7:30a.m.); wash 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 rvanaekel@cox.net 467-6840; Debbie and Mark Wilsey willsee@cox.net 321-9303; Ann and Jim Young youngfamilyof4@yahoo.com 416-1512***(Virtus training)*

World Food Day: Parishioners are asked to provide food for one family for three meals. 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 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. If you have a financial background or would like to be trained as a coach. **Contact Ruth Brogan** brogan@ascensionvb.org 495-1886x414.

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** mschorr2@verizon.net 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 focuses of sowers. **Contact Nancy Hess at** nancyahess@gmail.com 468-9256 **or Marie Thompson at** thompsonm@ascensionvb.org

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 497-1040 (jfowler215@gmail.com)**

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

Disaster Response Ministry: Volunteers are needed to be on call to respond to emergency situations in our church and community. VOAD (Voluntary Organizations Active in Disaster) and Ascension are committed to work with the American Red Cross to help people affected by disaster. Help would involve cleanup, preparation, and delivery of meals, transportation, minor repairs, and coordinating services. The only requirement is to provide TLC to those in need. **Contact: Scott & Amanda Tiemann, 227-5833 (didmy20@cox.net or atmann@cox.net)** (*Virtus training encouraged*)

DivorceCare for the Divorced or Separated: Offering seminars during the year utilizing a structured program, workbooks, journals, and videos. Sunday evenings from 6:00-8:00 pm in the Conference Room. **Contact: Kathy Ahearn at 495-1886 ext. 411 (kathyahearn@cox.net) or (ahearnk@ascensionvb.org)** (*Virtus training not required*)

Funeral Service Set-up: Our parish hosts a variety of events during any particular week. Throughout the morning of a scheduled funeral service, preparations are made to make the commons and sanctuary presentable for this solemn service. This ministry requires individuals with flexibility in their schedules. Funerals are usually scheduled between three and 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 (c) 735-2227 (gary.harmeyer@gmail.com) (*Virtus training encouraged*)

Funeral Ministry Follow-up: This start up ministry is for supporting our parishioners who 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 (c) 735-2227 (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 Danna & Steven Newsom at 777-8924 or 677-6103.** email danna.newsom@verizon.net (*Virtus training not required*).

Golden Age Ministry: Volunteers are needed for transportation for our “golden agers” to doctor appointments, bringing people to church, small home repairs, phone calls, letter writing, bill paying, grocery shopping, or just a friendly visit. **Contact: Jim Fowler at 497-1040 (jfowler215@gmail.com)** (*Virtus training encouraged*)

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 200 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, and being practical Catholics are eligible to join our Order. **Contact: Bill Rockwell at 282-3795, w.rockwell2@gmail.com** (*Virtus training encouraged*)

Ladies Auxiliary of The Mother Teresa of Calcutta Council: An organization of 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 community activities. **Contact: Stephanie Gruning at stephaniegruning@gmail.com, 493-9193.** (*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 495-1375 fsn724@cox.net** (*Virtus training required*)

Ministry to the Sick: Provides Eucharist to those who are hospitalized or homebound. (*Virtus training required*) To arrange for a visit.
Contacts: Deacon Gary Harmeyer (c) 735-2227 (gary.harmeyer@gmail.com) **Deacon Tom McFeely (c) 681-2005 (mcfeely6@cox.net)** **John Maiorana at 560-7753 (johnmajor@cox.net)**

Hospitality/Welcoming: Looking for anyone who would enjoy greeting people as they arrive for liturgy, register those who want to join the parish, or welcome newcomers by making phone or email contact to set up meetings with the family for a tour of the church. Newcomer handbooks with information packets are available for all newcomers. 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) and Sandy Raiter 499-5775 (ffsr dickie@verizon.net) (*Virtus training required*)

Nursery: People who are willing to spend time in co-op Nursery to allow families with young children to attend liturgy on Sundays.
Contact: Pat Roberts at 419-1009 (sweetpea23462@yahoo.com) (*Virtus training required*)

Parish Nurse: Anyone who works in the Health Care field and would like to assist in the ministry.
Contact Patty Stanford at 471-5321 (vbstanfords@cox.net)

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. Virtus training is available and strongly encouraged for all Council members. **Contact Ken Levins at levinskc@yahoo.com.**

Prayer Shawl Ministry: A nationally established ministry for parishioners who knit or crochet shawls to be given to individuals in need of feeling God's arms wrapped around them as they go through chemotherapy or dialysis treatment. To express our compassion and healing power of prayer to our parishioners going through this difficult time in their lives. The shawls are blessed prior to distribution to parishioners first and if there is not a need in our parish at the time, shawls will then 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 please contact: **Colleen Charlton at 467-6842 or Chris Krueger at 467-4986**

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 the Christmas Bazaar, 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 (jvgruning@gmail.com). (*Virtus training encouraged*)

Scouting: Offers boys and girls opportunities to camp, explore, and achieve many physical, intellectual, spiritual, and social goals. First through 5th grade boys join Cub Pack 505; boys 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: Ramon Villa, 760-405-3179. (*Virtus training required*)

Soup and Sacrament: Homemade soup and bread is served Tuesday evenings during Lent followed by a Mass. Help is needed to prepare and serve. **Contact: Ed and Pat Bugeja at 548-1229 (bugedpat@cox.net)** (*Virtus training required*)

Wedding Ministry: Weddings are coordinated by a special team who help the couple plan the details for the sacramental experience, The team also acquaints the couple with the logistics of the church, help them through the proper guidelines for the sacrament, help prepare the church, and be present on the day of the ceremony. Volunteers work with the staff members. The wedding coordinators do not replace the requirements to meet with the pastor or deacon and prepare the paperwork and classes for celebration of the sacrament of marriage.
Contact: Joanne Webb 495-1886 ext. 410 (secretary@ascensionvb.org) (*Virtus training required*)

FINANCE/OPERATIONS/WAYS AND MEANS MINISTRY

Count and Bank Offertories: Count Offertory contributions each Sunday after Liturgy. Four teams rotate every other week. 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. **Contact: Lisa Liedl at 495-1886 ext. 422 (liedll@ascensionvb.org)** (*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. **Contact: Lisa Liedl at 495-1886 ext. 422 (liedll@ascensionvb.org)** (*Virtus training required*)

Communications: This group will help add and maintain different avenues of communication to the parish. More information to come! **Contact: Lisa Liedl at 495-1886 ext. 422 (liedll@ascensionvb.org)** (*Virtus training required*)

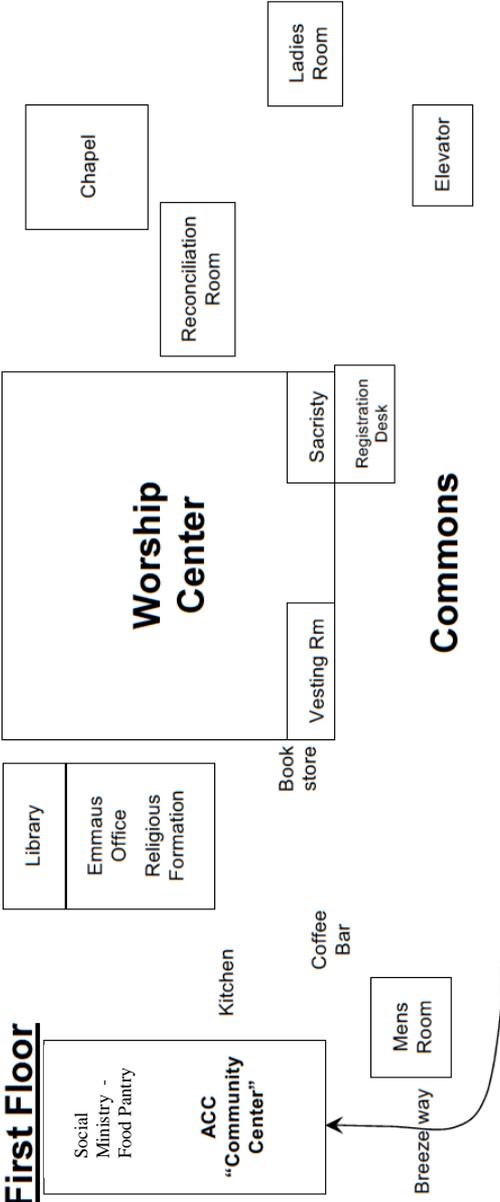
Grounds Care: We have extensive grounds to maintain and beautify, including seasonal plantings, pruning, weeding, and improving our property. No Grass Cutting! Any amount of time during the week or on weekends. **Contact: Lisa Liedl 495-1886 ext. 422 (liedll@ascensionvb.org)** (*Virtus training required*)

Ways and Means Committee: This Committee coordinates all community builders and fund raisers, including Parish Breakfasts, Pancake Supper, 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 6:00p.m. in the ACC. **Contact: Linda Flores at 467-1167 (LTTTM@aol.com)** (*Virtus training required*)

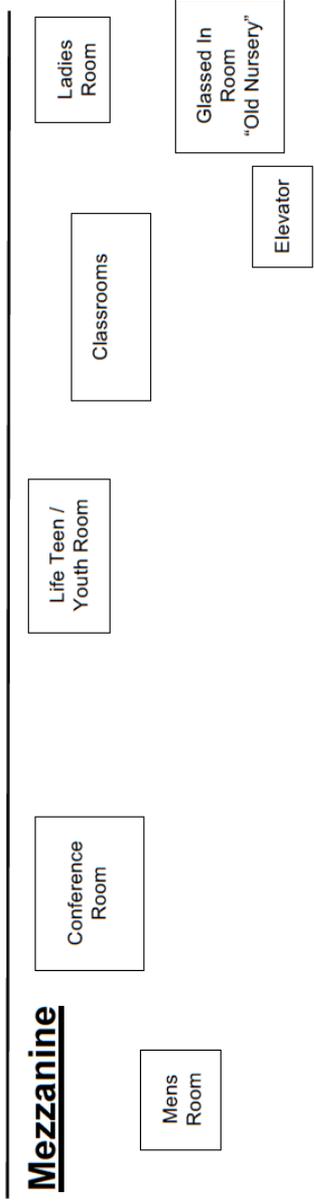
- **Bakers:** People to bake during the year for special fundraising events (such as Christmas Bazaar and French Café). **Contact: Linda Flores at 467-1167 (LTTTM@aol.com)**
- **Cooking Crew:** Prepare food for all parish social events, including Parish Breakfasts, Pancake Supper, and our Christmas Bazaar. **Contact: Lisa Liedl at 495-1886 ext. 422 (liedll@ascensionvb.org)** (*Virtus training required*)
- **Food Servers:** We need Food Servers at most of our functions where food is served. **Contact: Linda Flores at 467-1167 (LTTTM@aol.com)** (*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 contact other parishes of our events. Make tickets and coordinate selling. Design and create bulletin notices and inserts to notify our parishioners of events. Work with our Parish Secretary and W&M coordinator. **Contact: Linda Flores at 467-1167 (LTTTM@aol.com)**
- **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. **Contact: Linda Flores at 467-1167 (LTTTM@aol.com)** (*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 too. **Contact: Linda Flores at 467-1167 (LTTTM@aol.com)** (*Virtus training required*)
- **Kitchen Clean Up:** Wash dishes, sweep and mop kitchen during events where the kitchen is being used to prepare food. Secure the kitchen after events. **Contact: Lisa Liedl at 495-1886 ext. 422 (liedll@ascensionvb.org)** (*Virtus training required*)

First Floor



Mezzanine



Rosecroft Street

**Church of the Ascension
4853 Princess Anne Road
Virginia Beach, VA 23462**

Social Justice
Ministry Offices
and Food Pantry



"ACC"
Ascension
Community
Center

Church

Columbarium

Catholic
Charities

Picnic
Pavilion

Rectory
"Father's House"

Parish Office

Princess Anne Road

