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PARISH OFFICE HOURS

Monday-Friday - 8:30 a.m. - 4:00 p.m.

PARISH OFFICE STAFF

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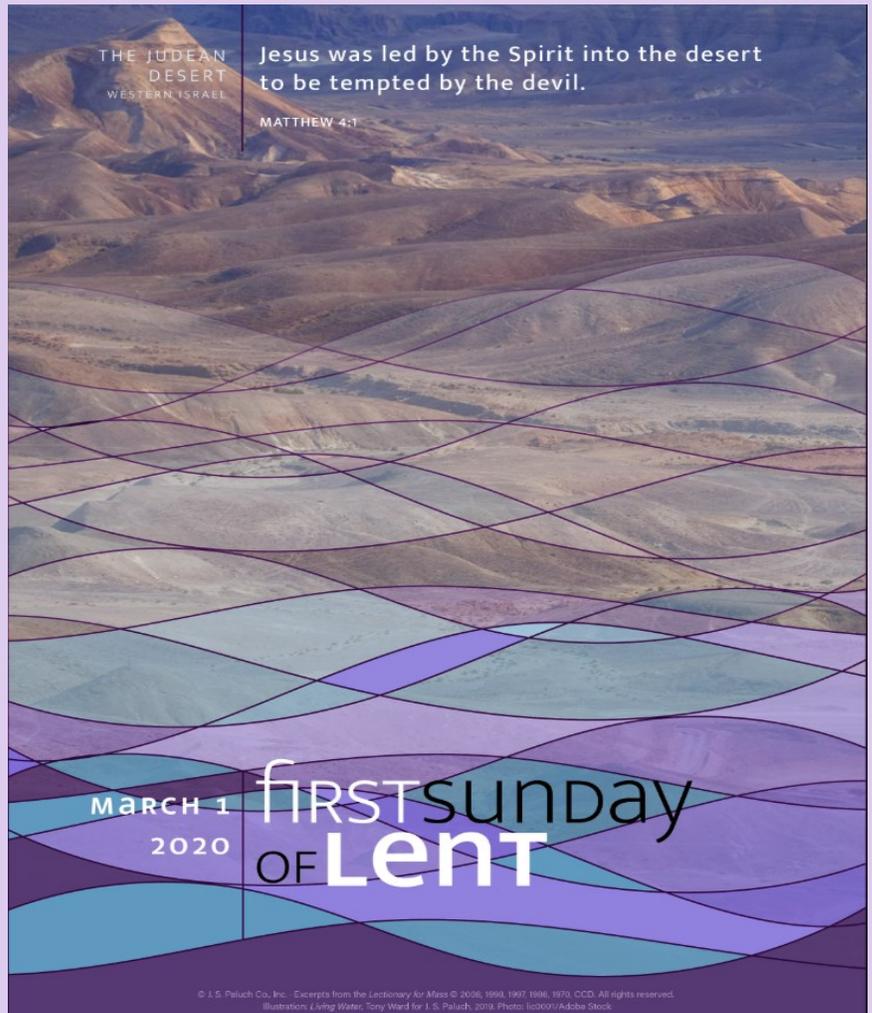
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ASCENSION CATHOLIC COMMUNITY

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Tel. 321-254-1595 -Fax 321-255-3490

www.ascensioncatholic.net



ASCENSION CATHOLIC SCHOOL

www.ascensioncatholic.org
U.S. Department of Education
School of Excellence

Pre-Kindergarten through Eighth Grade

FAITH FORMATION

Religious Education

Pre-K3- Gr. 3 Tuesdays, 2:00-3:30pm
Pre-K3- Gr. 6 Tuesdays, 4:00 - 5:15 p.m.
Pre-K3- Gr. 6 Wednesdays, 4:00 - 5:15 p.m.
Gr. 1-6 Wednesdays, 6:15 - 7:30 p.m.

YOUTH MINISTRY

Ascension Catholic Life Teen

Sundays 6:45-8:30pm
Edge (Grades 7&8) Wednesdays 6-7:30pm

OUTREACH

Ascension Thrift Store: 259-7291
Ascension Social Concerns: 259-5685

SCHEDULE OF MASSES

Saturday Vigil Mass

4:30 pm

Sunday Masses

7:30 am

9:30 a.m. (free childcare) 
(choir)

11:30 am (free childcare)

5:30 pm

(Contemporary Music)

Weekday Masses

Monday-Friday: 7:30 am

Sat. 9:00 am

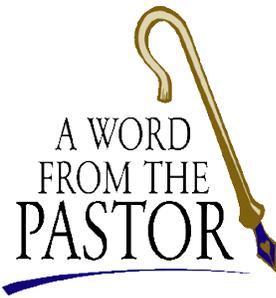
Sacrament of Reconciliation

Saturday: 3:15 - 4:25 pm

Wednesday: 5:00 pm

(or by appointment)

As a good steward of the Lord's blessings, please remember to consider your Parish Family or School Endowment in your Last Will and Testament.



- ◆ **Fourteen reasons why fasting can be a big blessing in our lives**
- ◆ **Suggestions for dealing with a sinful or destructive habit**

The following is an excerpt from an excellent article by Victor Parachin, which appeared in Catholic Digest, on the practical benefits of fasting.

On February 6, 1756, a frightened and somber king of England called for a day of solemn prayer and fasting. Behind his call was the immediate threat of an invasion and war by the French. Later that evening, John Wesley recorded in his journal the powerful and positive effect a day of fasting and prayer had upon the nation:

The fast day was a glorious day such as London has scarce seen.... Every church in the city was more than full, and a solemn seriousness sat on every face. Surely God heareth prayer, and there will yet be a lengthening of our tranquility.

In a footnote, he added: “Humility was turned into national rejoicing, for the threatened invasion of the French was averted.”

In spite of the fact that the Bible refers to fasting nearly 100 times, it remains a discipline that is absent from the lives of many Christians. Yet, fasting is connected to people whose lives were filled with spiritual power and moral authority. Greater religious leaders such as Moses, Elijah, Daniel, Jesus, Origen, Martin Luther, Ignatius of Loyola and Jonathan Edwards were known to fast, often for prolonged periods of time.

Although most Christians may not feel the need to do a lengthy fast, there are benefits to be gained from even a short period of self-denial.

Here are **14 reasons why fasting is a good discipline to engage in periodically.**

1. Fasting expands compassion. It is easy to talk about the problem of world hunger, but the physical impact and emotional awareness is heightened when we do without food. “My sensitivity to the plight of the poor increased,” said one woman who fasted. “Eating only one meal a day made me tired and resentful and mine

was a voluntary fast. What was it like for those who were lucky to get one meal a day? I couldn’t be indifferent to their suffering once I’d shared it.”

2. Fasting is a way of preparing to meet a major challenge. People in the bible who faced great trials and troubles often dealt with them through prayer and fasting. Whenever special courage, insight or strength was needed, they turned to prayer combined with fasting. For example, before Queen Esther approached the king asking him to spare the Jews from destruction, she asked her people to spend three days in prayer and fasting. She felt that such a difficult enterprise needed prayers fortified by fasting if her effort was to be successful. “When this is done, I will go to the king, even though it is against the law. And if I perish, I perish,” she said (Est. 4:16).

Consequently, Esther approached the king with confidence and boldness, persuading him to reverse an edict that called for the annihilation of the Jews. A modern application would be to spend time in prayer and fasting whenever a personal or professional crisis looms.

3. Fasting can enlighten others. This use of fasting as a teaching tool and a moral imperative to change was exercised by Mahatma Gandhi. Early in the struggle against British rule over India, Gandhi conducted a fast in prison for the violent excesses of his followers who did not practice his teaching of nonviolence against British authorities. Later, Gandhi fasted to persuade the government to remove discriminatory laws against people considered “untouchable.”

4. Fasting improves physical health. Increasing evidence indicates that people are healthier and live longer when calories are reduced. Health researchers state that caloric restrictions extend health as well as life, dramatically lowering the risk of many age-related problems, including most cancers, heart disease and diabetes. One example comes from residents of Okinawa where calorie consumption is 30 percent below Japanese norms. The island’s residents have an unusually high percentage of centenarians.

5. Fasting benefits others. There are practical opportunities connected with fasting. The money saved by not eating can be shared with others. Consider the experience of Ron, a Midwest attorney. “Most workdays I eat lunch out at a restaurant, usually with clients or colleagues. Last year, during Lent, I decided to skip lunch once a week. I remained in my office reading devotional materials and offering prayers. Each week I set aside the money I would have spent on lunch. When Lent was over, I mailed a check off to a homeless shelter in the community.”

6. Fasting creates more time for additional spiritual disciplines. Beware of saying, “I haven’t time to read

the Bible, or to pray”; say rather, “I haven’t disciplined myself to do these things,” noted Scottish minister and author Oswald Chamber. Busy people in various professions are often forced to skip meals in order to meet emergencies and assist others. Likewise, Christians can find good use of the additional time created by not having to prepare and eat a meal.

7. Fasting is good for the soul. “Irrational feeding darkens the soul and makes it unfit for spiritual experiences,” observed Thomas Aquinas. Those who fast report that the practice leads to spiritual renewal, increased insight, deeper commitment, clarity of life purpose and greater intimacy with God.

8. Fasting is a reminder that we do not live by “bread alone.” Although food provides physical strength and energy for the body, the discipline of fasting provides the soul with stamina and vitality. In the New Testament, Jesus quoted from Deuteronomy 8:3, “Man does not live by bread alone but on every word that comes from the mouth of God.” Behind that statement is the truth that people experience a hunger that cannot be filled merely by food and other material things. Ultimately, meaning, satisfaction and fulfillment in life result from a healthy relationship to God. Fasting is one way of nurturing that relationship.

9. Fasting is a positive response against materialism. “We are constantly bombarded by advertising telling us that we must have this or that to be healthy, happy, popular or wise,” said Allen S. Maller, Rabbi of Temple Akiba in Culver City, Colorado. “By fasting, we assert that we need not be totally dependent on external things, even such essentials as food. If our most basic need for food and drink can be suspended for 24 hours, how much more our needs for all the nonessentials?”

10. Fasting creates more physical and mental energy. Ironically, going without a meal often results in greater energy and vitality. German physician, Dr. Hellmut Lutzner, author of *Successful Fasting*, observed: *Strength, speed, perseverance and concentration are by no means a function of your food intake. On the contrary, you think better and more quickly when your stomach is not full. What mountain climber would eat just before his climb? A runner will never reach her peak performance if she eats just before the start of the race.*

The same principles apply to the spiritual life. An overloaded stomach can interfere with prayer by making us feel sluggish and tired.

11. Fasting helps us appreciate things more. One man who fasted over a weekend broke his fast with a simple meal of soup. “After not eating for two days, the soup tasted unbelievably delicious,” he said. “Every

spoonful was like eating from an entire banquet. Prior to my fasting experience I would have merely eaten the soup without any awareness of its flavor, texture or taste.”

12. Fasting strengthens virtues and weakens vices. “All great virtues bear the imprint of self-denial,” observed Unitarian minister and essayist William Ellery Channing. Time in prayer combined with denial of food is effective in expanding the boundaries of the heart and soul. People who pray and fast regularly often experience compassion, kindness, sensitivity and love for others. They become less judgmental and more understanding. True humility is developed while false pride is reduced.

13. Fasting is good for self-discipline. Many people operate on the premise that a primary goal in life is to always be happy and free of pain or discomfort. Our culture makes it easy for us to become extremely self-indulgent. We are in danger of becoming less resilient than our pioneer ancestors. Fasting is an effective antidote to the increasing “softness” in life. A life that reaches out for every comfort and pleasure becomes weak, sluggish, flaccid and fragile. It is a life devoid of fulfillment and meaning. “No pain, no balm; no cross, no crown,” noted William Penn.

14. Fasting is a way of following the example of Christ and the apostles. Prior to his public ministry, Jesus spent 40 days in prayer and fasting (Mt. 4:1). Also, Jesus expected his followers to fast. He said, “*when you fast,*” not “*if you fast,*” in Matthew 6:16. The missionary team of Paul and Barnabas is reported in Scripture as fasting frequently before important decisions concerning the Early Church ministry (Acts 13:2-3; 14:23). What better model can we follow? [End of article]

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Reflection questions:

- ◆ Which of the above 14 reasons for fasting spoke to you most? Why?
- ◆ What, if anything, do you need to fast from to make room for spiritual reading and prayer?

Suggestion: Turn off or cut back on listening/watching CNN, MSNBC or Fox News. Substitute Catholic radio, Christian music, or better yet, silence.

Suggestions for dealing with a sinful or destructive habit

Because we are weak, imperfect, and human, we all deal with habits that are destructive or sinful in our lives. They are obstacles to our becoming more like Jesus. The following are some suggestions that could help us in dealing with a bad or sinful habit.

Naming the habit. Before we can kick a bad habit, we must be prepared to name it. Someone with a short fuse may say: “That’s easy. I know I’m an impatient person.” But sometimes we may have a hard time *naming* a bad habit. Recently, I talked with a woman who had gotten into the bad habit of missing Mass on Sunday. She said she simply did not know why. She was unable to name the obstacle. In a case like this, our prayer might be: *“Holy Spirit, help me to name what is keeping me from faithfully going to Mass on Sunday.”* So when it comes to dealing with a bad or sinful habit, our first challenge is to *name it*. It is good to recognize our strong resistance to naming the bad habit.

Owning the bad habit. Sometimes we may have a hard time *owning the fact* that we have a particular bad habit, usually because we are not ready to do the difficult work of getting rid of it.

Lack of readiness to deal with a bad habit. We may be able to say: “I’m very impatient”; “I’m judgmental”; “I have an issue with lust and pornography, alcohol, overeating, etc., but right now, I’m not willing or ready to deal with this character defect. In this case, we are like St. Augustine who prayed: *“Lord, make me pure but not yet.”*”

Suggestions for fighting a bad habit or weakness

Suggestion #1: Begin each day with a prayer like that recited at Alcoholics Anonymous. *“Lord, I can’t, but you can. Help me this day (or even this hour. Lord, you know my weakness (be it impatience, road rage, lust, etc.). I totally admit my inability to overcome this sinful habit. But I do believe (or want to believe) that you can give me the grace and strength I need this day (if need be this hour) to ‘say no’ to this weakness of mine.”*

Suggestion #2: Be determined to make fighting the bad habit the *main focus* of our day. We must be aware of the *triggers* that often cause us to give in to a particular weakness in our life. We may know all too well what our spouse or friend will do or say that stirs us to respond with impatience or anger. We may know what factors lead us to give in to pornography. In such moments, we should be ready to put on the ‘armor of God’ and ‘fight the good fight’ against the particular sinful habit.

Suggestion #3: Fasting from things we like can help us to grow the ‘spiritual muscles’ we need to ‘say no’ to our sinful tendencies and habits. When the Apostles failed to cast out some demon, Jesus said: “This kind can only be cast out with prayer *and* fasting.”

Suggestion #4: Regular use of the Sacrament of Reconciliation can be a big help as we struggle with a sinful habit. A trip to the confessional should involve a sincere examination of conscience and the naming of ways we have failed since our last confession. We can also ask the priest to pray for our deliverance from some sin that may have a strong hold over us. (For more on this, see my book on Forgiveness, pages 37-39.)

Suggestion #5: Do the following nightly check on how we did during the day:

- ◆ Name any failures and ask the Lord’s mercy.
- ◆ Also name successes—times when we were very tempted to be impatient, to explode in anger, to look at pornography—but with the grace of God and our own determination we said ‘no.’ For these victories over temptation, we give praise to God.
- ◆ End by asking the Lord to give us a good night’s sleep and to be ready to do battle again the next day.

If our efforts to change are hopelessly failing, then perhaps it is time to seek out the help of a spiritual or psychological counsellor.

Our Catholic Appeal Update

Our assessment is \$387,308. As of Week 2, we have recorded pledges totaling \$246,079 from 418 families. This represents 63% of our goal.

I thank all of you who pledged and hope you received my ‘Thank You’ letter.

Have a blessed week,

Le Saran

tobin2@live.com





Next Sunday's Readings
March 8, 2020 A

SECOND SUNDAY OF LENT

Genesis 12:1-4 — Psalm 33:4-5,18-20,22
2Timothy 1:8-10 — Matthew 17:1-9

Think of an event in your life when you felt
God was calling you to do something.
How did you respond? What risks did you
face in responding to God's call?
How did the risks influence your decision?

YOUTH MINISTRY



Ascension Catholic Life Teen

Action Nights begin after 5:30pm Mass until
8:30pm. Any high school teen is welcome!
Come join us for dinner, faith & fellowship.

SUMMIT MEETING TUESDAYS
7:00-8:30pm for all high school teens

EDGE

For all 7th & 8th graders on Wednesdays 6:00-7:30pm in
Youth Room. Doors open at 5:45pm. Includes dinner.

Questions about Youth Ministry?
Contact Cara Giuliano, Director of Youth Ministry, or
Anna Nagy, Associate Youth Minister, EDGE program at
ascensioncatholicteens@gmail.com or 254-1595 x 3501.



**Stations of the Cross
Fridays during Lent
5:30pm in Church**



FRIDAY FISH DINNERS

FRIDAY, March 6
6 to 7pm (after Stations), Parish Hall

Menu: Fried or baked fish, mac n' cheese or tuna
noodle casserole, French fries, coleslaw,
simple desserts, hot & cold drinks

Cost: Adults: \$8.00; Kids under 12: \$4.00

Sign up in the Parish Hall or call the Church Office.
Cutoff is 12 noon, Thursday, March 5. This is neces-
sary so we know how much food to prepare.

NOTE: We will not begin serving until after the
Stations of the Cross but tickets may be purchased
before Stations begin.

**THEOLOGY
OF
THE
BODY**



**March 8, 2020
6:30-8:30 PM**

Presented by
Rachel Bulman:
Writer, Speaker,
Passionately
Catholic

Youth Room 411
Free Event: Dinner Provided
Parents and Teens
Grades 7-12

RSVP to AscensionCatholicTeens@gmail.com

Happy moments Praise God
Difficult moments Seek God
Quiet moments Worship God
Painful moments Trust God
Every moment Thank God

ASCENSION COUNCIL OF CATHOLIC WOMEN

Spring Plant Sale

**Saturday & Sunday
March 7 & 8**

After All Masses

Ascension Catholic Church
A great way to spruce up your garden while supporting our youth. Proceeds benefit scholarships.

PLANTS SUPPLIED BY




VOCATIONS CUP

The Vocations Cup for March will go out at the Sunday 5:30Pm Mass. Rich Renaud will take the Cup home this week.

If you'd like to sign up, please contact Jim Voltaire at 321-610-3538 or Joanneandjames129@gmail.com.



Trail Life Troop FL-1202, based at Ascension, is a Christ-Centered Outdoor Adventure, Character, and Leadership Program for boys and young men in grades K-12. We are in our 3rd year of operation and now number over 30 boys and 17 families!

We are excited to announce our 2nd Family Fundraising Dinner & Cake Auction to be held on Saturday, March 14, 5:30-7:30pm, in the Parish Hall. We'll be serving a pork carnitas dinner with rice, black beans, and salad for the nominal price of \$10 per person (\$25 limit per family). We will also hold a 'silent cake auction' where you will be able to bid on various cakes prepared by our sisters in the American Heritage Girls troop.

Please come join us to learn more about our organization, support our efforts and enjoy a good meal and fellowship. Tickets will be on sale after all Masses on the weekend of March 7 & 8.

If you have any questions, please contact Committee Chair Chris Kelly at chris@floridakellys.net.

MEDICARE MEDICARE

MEDICARE WORKSHOP

Saturday, March 7, 9:30am
Buescher Center, Room 410

Wednesday, March 11, 6:00pm
Ministry Building, Room 305

Medicare has Parts A, B, C & D

- Understanding the different parts will help you make an appropriate choice for yourself.
- There is no cost or obligation, just a complete understanding of your options.

Who Should Attend

- Anyone turning 65 in the next 9 months
- Individuals who are 65+ and still employed
- Anyone with questions about their current plan



Kim Adkinson-Cowles
321.305.2554

Questions?

**Please Call
Or Text**



John 'Mike' Reisert
954.562.1800

This is NOT a Sales Presentation



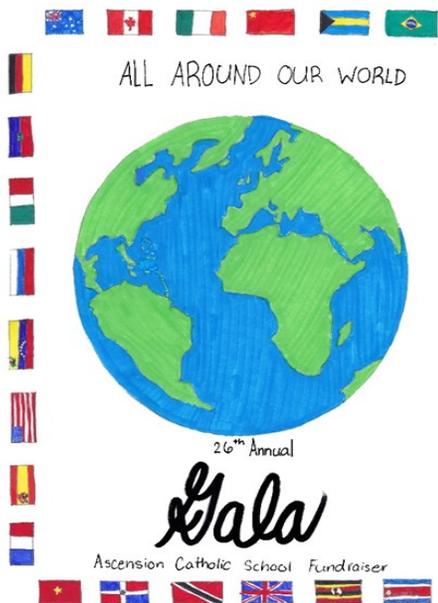
Knights of Columbus - 40 CANS FOR LENT Program

The Knights of Columbus Martin B. Power Council 14573 is challenging all parishioners to join them in their 40 CANS FOR LENT Annual Food Drive. The plan is simple: purchase and donate one can of food per day for the 40 days during the Lenten season starting Ash Wednesday, February 26, and ending Good Friday, April 10. Donations can be brought in all at once or weekly. Put the cans in the baskets already designated for food collection. Our goal is to increase the donations given to our food pantry while living the Gospel value of feeding the hungry.

To accept this challenge, sign up at the Friday Night Fish Fries, or on Sunday mornings in the Parish Hall following the morning Masses. Our goal this year is 10,000 cans. That goal can only be reached with your help. Make this one of your Lenten sacrifices.

Thank you.

FAQ'S Ascension Catholic School's 26th Annual Gala ~ Saturday, March 28, 2020



- ◆ We can always use baskets for our silent auction. You can drop them off at the Parish, School, or Development Office.
- ◆ We are always looking for donations to use in our baskets or as live auction items. Contact vdunn@ascensioncatholicsch.org.
- ◆ Do you have gift cards you will never use? We can put them to very good use in this year's Gala baskets.
- ◆ Tickets are \$75 for everything you could want: great food, drinks, entertainment, and surprises!
- ◆ Visit ACS Development Facebook Page to learn about our NEW, extraordinary SPONSORSHIP OPPORTUNITIES!
- ◆ Plan on seeing some travel opportunities at the Gala this year.
- ◆ Dinner will be catered by A Chef's Touch.
- ◆ "I don't like the use of technology at fundraisers." We have an outstanding team of TECH SAVY parishioners and school parents who will help you bid on the silent auction—ask Sister Maureen—she can speak from experience!
- ◆ Did you know you can buy your raffle and Gala tickets online at: events.handbid.com/auction/2020-ACS-Gala —or smartphone users can scan our QR code:



EUCCHARISTIC ADORATION

“What happiness do we not feel in the Presence of God, when we are along at His feet... Redouble your fervor; you are alone to adore your God; His eyes rest upon you alone.” -St. John Vianney

Vacations, illness, absent snowbirds and just life take a toll on the availability of adorers. If you can find an hour to commit to Jesus, consider the Adoration Chapel. Jesus wants you there and through the Holy Spirit is calling you!

For info or questions, contact Sam Rodríguez at 795-9813 or adoration.ascension@gmail.com.

Sunday	1am, 2am, 3am, 5am, 6am, 5pm, 8pm, 9pm, 10pm*
Monday	12am, 12pm, 8pm, 11pm
Tuesday	2am, 4am, 10am, 11am, 1pm, 2pm, 6pm, 8pm
Wed.	1am, 2am, 3am, 4am, 5am, 9am, 1pm, 6pm, 11pm
Thursday	12am, 1am, 3am, 9am, 1pm, 2pm, 5pm, 6pm, 7pm, 9pm, 11pm
Friday	1am, 2am, 3am, 4am, 6am, 7am, 11am, 12pm, 1pm, 4pm, 5pm, 6pm, 7pm, 11pm
Saturday	1am, 2am, 3am, 4am, 5pm, 7pm, 8pm, 9pm

***Denotes no adorer at that hour**

CONTEMPLATIVE PRAYER

(Prayer of the Heart)

“Be still and know that I am God.” (Ps 46:10)

Tuesdays at 7:00pm, Ministry Bldg, Rm 304
For info, contact Pam Lackie at 259-2431.

Ministry to the Sick and Homebound

Confession, Mass with Anointing of the Sick, and Lunch will be held on

Wednesday, March 25.

Confession will begin at 10:30am, Mass at 11:00am, followed by Lunch in the Parish Hall.

Please invite your homebound parishioners to join us.

MTS Team: please volunteer to make this a special event for our homebound.

RSVP to Eleanor Amicucci at 321-255-1795 or oma4624@aol.com.



Monsignor Martin B. Power Council 14573

The Knights of Columbus have made a major change in the process for becoming a Knight.

In the past the ceremony was private. It now is conducted with family members and other parishioners in attendance.

The ceremony will be conducted in the church immediately following the 4:30pm Mass next Saturday, March 7. All are welcome. You will have a firm understanding of their mission to support our parish in any way needed.

If you have any questions, please let me know.

Grand Knight Charlie Hunton @ 502-762-1731



Social Concerns & Food Pantry

Loaves and Fishes Challenge!

Loaves & Fishes Challenge starts March 1 and runs through April 30, 2020. All financial donations to Social Concerns will be **substantially subsidized by anonymous donors.**

Please make checks payable to:

Ascension Catholic Social Concerns

Write in the memo: *Loaves & Fishes Challenge*

**Mail to: 1238 Aurora Rd., Melbourne, FL 32935
or drop in offertory basket during Mass.**

Thank you for your generous donations to our monthly food collection! We appreciate and are truly grateful for the continued support you give to our food pantry.

Sunday after the 5:30 Mass, we need 4 or 5 people to help unload the truck at Social Concerns. The truck is driven to the food pantry on Aurora Rd. Volunteers meet us to help unload food baskets collected. If you are able to help us, it will be greatly appreciated—thank you.



Pantry Needs: Canned beans, canned fruits, fruit juices, tuna, tuna helper, cereal, tomato sauce, pork & beans, pasta (spaghetti, ravioli), spaghetti sauce, powdered milk, soup, diced tomatoes, canned tomato sauce, canned vegetables (corn, green beans, peas, etc.), canned meats (stew, ham, spam, chicken). Diapers (sizes 4, 5 and 6), diaper wipes

Children's Hunger Project News

Ascension family: It has been just one year since our community raised almost \$10,000 to support local children who rely on their school's breakfast and lunch and who are at risk of going hungry on the weekends. Our hope is to raise enough funds this Lent to do it all again next school year.

Thanks to your generosity. Did you know that:

- ◆ We are able to provide weekend backpack meals to 99 children at Creel and Croton elementary schools every week.
- ◆ To date, we have delivered over 2,000 meals so far this school year.

Representatives from The Children's Hunger Project and Ascension volunteers will be outside Church after all Masses this 1st Sunday of Lent to tell you about this program and how you can help. **\$4 feeds a child for one weekend, \$16 for one month, \$150 for an entire school year.**

You can donate today in person;

**by mail to: The Children's Hunger Project,
1855 W. King St., Cocoa, FL 32926;**

or online at <https://thechildrenshungerproject.org>.

Be sure to write "*Ascension*" on your check or online donation so funds will be allocated for us.

God bless you! Mary Blucker, Volunteer



FISH MINISTRY

The FISH Ministry is raffling off 2 (two) Roundtrip Airline Tickets to anywhere JETBLUE FLIES!

The raffle will begin online Feb. 18 – March 4, 2020.

Members of the ministry will be distributing raffle tickets after each Mass on Feb. 29/Mar 1. The raffle will take place on Thursday, March 5, at 8:30 am during the FISH ministry meeting in Room 313. The suggested donation is \$5 for 1 ticket or \$25 for 6 tickets. No purchase necessary. Tickets can also be secured on the FISH ministry website:

<https://www.ascensioncatholic.net/F-I-S-H---Fellowship-Invites-Serving---Helping->

Faith in Action Group

A little help, as our Brevard homeless support systems are in need. To assist in their specific request, the Faith in Action team will be having a Lenten collection for new men's boxer briefs, and ladies undergarments, preferably cotton. All sizes needed, but they are out of men's M, L, XL, and could use more ladies medium size. **There will be a bin in the back of the Church, as we collect for the Homeless Coalition now through March 22.**

Contact Terry at 321-536-1075 for any questions.

"Feeling Groovy?"

We had a great response to our notice for the mental wellness support group. The "Emotional Wellness Warriors" are now meeting the first and third Monday of each month in Ministry Bldg, Rm 302, at 6:30pm. We welcome anyone wishing to join this ongoing group.

Please feel free to contact Jason Hoppenbrouwer, LCSW, at 321-698-9155, if you have questions or need additional information.

ROSARY-MAKING MINISTRY

**Rosary Ministry meets Sundays, 1:00-3:00 pm
Ministry Building, Rm. 305**

Next meeting: March 1

**If interested, call Michi Davis
at 242-8092.**





Experience a personal spiritual renewal and an abundance of love in Christian Community.

Christ Renews His Parish is a retreat weekend open to every adult member of ASCENSION Parish.

A retreat given “by” parishioners, “for” parishioners.

Christ Renews His Parish is a process designed to bring members of our parish together in Christ. It is a multi-part gift to yourself that keeps on giving as you pass the gift of Christ to other parishioners and into your world:

This is an opportunity to spend about 36 hours away from the everyday world, a time for listening, sharing, praying, fun and food. A team of parishioners, along with a Spiritual Director, have formed in prayer and love to offer this gift to you. They will share with you on our parish campus.

THIS IS NOT A SILENT RETREAT. The emphasis is on personal and community renewal – sharing by the team and in small groups in a liturgical, scriptural, prayerful and relaxed atmosphere. There is no pressure to share or talk. Sensitivity to you and your needs is always respected.

Accommodations are simple but adequate. Arrangements can be made to accommodate your special need or diet. All meals are prepared for you – the attire is casual and comfortable clothing.

WOMEN’S RETREAT: March 7 & 8, 2020

MEN’S RETREAT: March 21 & 22, 2020

FOR MORE INFORMATION CONTACT:

Women’s Retreat: Becky Richard at we4richards@comcast.net or (412) 779.9970 or Victoria McDermott at vic@victoriamdernott.com or (703) 906.2066

Men’s Retreat: Ed McCarthy at edmc64@yahoo.com or (321) 347.5068 or Dave Reeve at dlreeve@mail.com or (315) 729.1647

CLIP AND RETURN TO THE CHURCH OFFICE OR PLACE IN THE COLLECTION AT MASS

Christ Renews His Parish Retreat

NAME _____ PHONE (HOME) _____

ADDRESS _____ PHONE (Cell) _____

_____ E MAIL _____

EMERGENCY CONTACT NAME and PHONE NUMBER _____

MEMBER OF ASCENSION: YES NO

SPECIAL NEED (Diet/Facilities/Etc.) _____

IRA CHARITABLE ROLLOVER

72
OR OLDER

DONATE UP TO
\$100,000

YOUR SAVINGS, YOUR LEGACY

Are you interested in making a gift that can allow you to reduce your taxable income? Are you 72 or older (or 70½ prior to 2020)? If you answer “yes” to these questions, please consider a Qualified Charitable Distribution from your IRA (Individual Retirement Account).

You can use your required annual minimum distribution as a Qualified Charitable Distribution to your Parish or to fulfill your Our Catholic Appeal pledge!

- Your IRA distributions are excluded from your taxable income
- You lower your adjusted gross income = a lower overall tax liability
- You make a gift from one of your major assets, instead of from limited annual income

For more information on these and other gift opportunities please contact: Madelyn Weed, CFRE Vice President of Donor Services
mweed@cfocf.org | (407) 246-7188 | cfocf.org/gift-of-ira-rollover/



Avoid taxes on transfers up to \$100,000 from your IRA to support your Parish.



Reduce your taxable income, even if you do not itemize deductions.



Satisfy some or all of your required minimum distribution for the year.



Make a gift that is not subject to the deduction limits on charitable gifts.



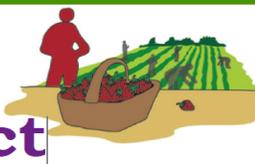
Use your rollover to make payments on an existing pledge.



The Catholic Foundation of Central Florida

Inspire Giving. Fund God's Work.

Long Sleeve Relief Project



Donate Long Sleeve shirts to help our migrant workers in Fellsmere

(for men, women, and children)

COLLECTING THROUGH HOLY THURSDAY

Please place all shirts in the receptacle located inside Our Lady's Chapel. Thank you for your donation!

HELPING SENIORS

Helping Seniors, a nonprofit organization, will be here at Ascension Church after all weekend Masses on March 7/8 with tickets for their annual car raffle, which will be available to you for a donation of \$25 each or 5 for \$100.

This organization informs seniors about available resources through media programs and a senior helpline, and connects people with the services they need. There is no charge for this assistance. The drawing for the car raffle will be held at the American Muscle Car Museum on April 25, 2020. Your ticket is your admission to the event, where you can see vintage classic muscle cars, and enjoy refreshments. The winner of the drawing will get to choose one of the following 2020 basic models: Dodge Challenger, Mazda Miata convertible, Chevrolet Camaro, or Kia Sportage.



PROVIDING ULTRASOUND TECHNOLOGY
ONE LAP AT A TIME



BREVARD LAPS FOR LIFE



Brevard Laps for Life is a walk-a-thon fundraiser designed to raise money to fund ultrasound equipment used by Pro Life Counseling Centers.

**SATURDAY, MARCH 7, 2020
9 AM TO 12 PM**

**MELBOURNE CENTRAL CATHOLIC HIGH SCHOOL
154 E. FLORIDA AVE, MELBOURNE, FL 32901**

Contact Information

John Barfield: (407) 433-5421
Email: info@cf-laps.life
Website: http://cf-laps.life

BEREAVEMENT RECOVERY SUPPORT GROUP

The Bereavement Recovery Support Group meets on the first and third Fridays of the month in the Buescher Center, Room 413, from 1:30 to 3:00pm.

For more information, call Carol Gessler, group leader, at 779-7850.

FUNERAL CHOIR

If you are interested in joining Ascension's funeral choir, please call Marie Odorizzi at 255-3952. There are no rehearsals. It is a beautiful Act of Mercy for grieving family and friends.





Wedding Anniversaries

Raymond & JoAnn Carrasco 40 years Mar 7



Greg Grasso, Betty Elko, Claire Grasso, Mia Moore, Carmelia Navarretta, Peggy McKelvey, Cathi Hurd, Ted Stoner, Betsy Coradine, CVNS, Joan Barco, Rose Struzinski, Mary Laird, John Kelly, Jim Eisenmann, Laurie Chatman, Marge Pearsall, Ann McKelvey, Terri Sills, K.J. Baker, Richard Furstenburg, Amanda Oudwa, Janice Roberson, Robert Hinnant, Mary Ellen Ritter, Maureen Kurtz, Theo Reaves, Leo Shumaker, Shirley Mattai, John DeStefon, Thomas Horan, Margie Boozer, Whitney Pierto, Jim Warwick, Bill Porzio, Wayne Fogel, Anthony Tynes, John Hemel, John Thorstad, Joan Cantwell, Tim Durkin, Kathy Jagdmann, Art Coridine, Steve Weinhold, Leslie Selage, Jonah Powers, Phyllis Powers, Werner Schulz, Justine Miller, Cosanne Mistretta, Elizabeth Mengel, Ethel Kenny, Patrick Kenny, Pam Conner, AJ Johnson, Marion Sampieri, Douglas Stillwagon, Ron St. Clair, Matther Rabel, Fr. Mike DiRenzo, Anita Byers, Ava Sophia Barone, Pat Neve, Sr., Jennifer, Elisa Fernandez, Eric Farrell, Frank Cavaliere, Jim Thorstad, George Lopes, Mikey Goodwin

Please pray for those in the nursing homes.

Pray for our Armed Forces Personnel overseas

Joseph Marci, Robert Crowl, Bryan Calenda, David Barlow, Dylan Traver, Marty Martinez, Jonathan Martinez, Bryan Satterwhite, John Kinsora, Josh Grier, Robert Grover, Rory O'Connor, Shane O'Connor, Alex Ritner, Kyle Mimbs, Kristin Agresta, Andrew Nemethy, Lance Freeberg, Theresa Mavity, Matthew Hammond, Daniel Amulong, Dr. Jerry Higman, Margaret-Anne Sytxma, Matt Maurer USAF, Daniel Sosa, Ray Romano, Matthew Cavalcante, Chad Bloomstine, Matthew Carney, Logan Solio, Nick Owens

Special Excursion at Captain Hiram's Thursday, March 19, 2020 with Fr. Martin & Global Tours & Travel

1st—Come and join us for a **boat tour** with River King Cruise guides to help you connect with wildlife and nature along the coastal Florida's Indian River and the St. Sebastian River.

2nd—Enjoy a delicious lunch at **Blackfins Restaurant**

3rd—Take a self-guided tour of the **Mel Fisher Museum**
We begin with the 7:30am Mass at Ascension and arrive back at Ascension about 5:00pm.

Total Cost: \$99 which includes round-trip transportation, River King tour, meal with gratuities, and museum tour.

Details: contact Global Tours & Travel at 321-676-6040.

DAILY BREAD is in need of a **COOK** who is willing to start at 6:00am and work as many days of the week as able.

Daily Bread is located at 815 E Fee Avenue, Melbourne.

Contact: Omar Powell at omar@dailybreadinc.org or Betsy at (321)723-1060 ext. 121.



Mass Intentions For The Week



Week beginning Monday, March 2
and ending Sunday, March 8, 2020

Mon.	7:30 am	† Frank Prosch
		† Kristin Papp
Tues	7:30am	† Paula Irvin
		† Howard Felsten
Wed	7:30am	† Sallie Fleck
		† Chuck Best
	8:30am	† Frank Baker
		† Joan Ludwig
Thur.	7:30 am	† Fr. Dan Freitas
		† Lee Dague
Fri.	7:30 am	† Doris Grady
		† Lena & Dan Giannatto
Sat.	9:00 am	† Ernesto Sangalang
		† Lee Dague
	4:30 pm	† Lena & Dan Giannatto
		† Ralph Carrion
Sun.	7:30 am	† Frank Prosch
		† William Young
	9:30 am	† Derek Diesel
		† George & Janet Bins
	11:30 am	† Flo McCaffrey
		† Nadine Avery
	5:30 pm	People of the Parish

SERVERS' SCHEDULE – March 7-8

<u>Sat 4:30 pm:</u>	Colin O'Connell, Megan Ewing Marissa McKinney
<u>Sun 7:30 am:</u>	Sebastian DeLaPorte, Logan Marriott Ava Wilson
<u>Sun 9:30 am:</u>	Keyana, Nivea & Taysia Louzon
<u>Sun 11:30 am:</u>	Nathan Tomerlin, Julia Graham Greg Grasso
<u>Sun 5:30 pm:</u>	John Mullen, Casey Nguyen Krista Roeder



Ascension Girl Scouts

Calling all Girl Scouts
past and present!

Girl Scout Sunday will be celebrated at the
11:30am Mass on March 15th.

Please wear your Girl Scout Pins, Vest/Sash,
white shirt and khaki bottoms.

For more information, contact
Michelle Devoid, at 242-9476