



The August 2023 SPIRE

*The Newsletter of the
Episcopal Church of the Ascension,
Sierra Madre, California*

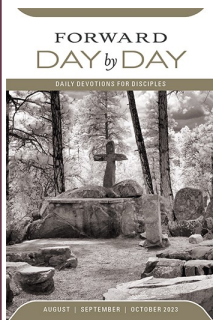


Upcoming Events

Please see the calendar on page 8 for an updated list of events.



Pick up a copy of the New Forward Movement Day by Day booklet. Copies can be found at the back of the church and on the reception table in Hawks Hall.



**A \$2
donation is
appreciated.**

Thank You!

July 2023 Pledge Payment Snapshot



2023 Budget \$210,000

YTD Budget:	\$117,329
YTD Actual:	\$118,759
Difference:	\$+1,430

From the Rector

The month of July has been one of fun, joy, and wonder for me. The fun began on the Fourth of July riding in the Sierra Madre parade. Chris drove my truck, his grandmother – Fay - rode “shotgun,” and Debbie and I sat in the back in lawn chairs. It was a delight to see neighbors and friends along the route.

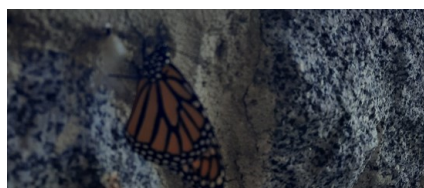
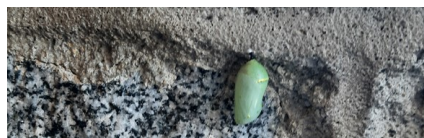
Our joy arrived the next day with the birth of Jack Duncan Bamberger in South Carolina. He and his mom are healthy and happy. (Lyndsay and Matt are a bit sleep deprived, what with Elsie being 18 months old!) Matt has had a full month of Family Leave and has settled into this whole Dad thing just fine. I’m hoping to see them in early October when I have a trip to the East Coast for the General Board of Examining Chaplains.

The wonder part of July started as we noticed white and black-striped caterpillars munching away at the milkweed in the bed of planting on the southwest end of the church. Soon there were dozens of caterpillars, and they have stripped bare the milkweed! On Sunday, July 16th, we noticed two distinctive chrysalises on the wall just outside of the main doors of the church. Within a week, we found many more, mainly in the entrance to the bell tower. Soon we began to see many Monarch Butterflies. On July 22nd, we saw a Monarch Butterfly emerging from one of the chrysalises by the front door. It was a thing of wonder to see this cycle of life unfolding in front of us. It was no stretch to make the connection with this year’s Paschal Candle – the theme of which is the life cycle of the Monarch Butterfly.

Oh, that every month could be filled with fun, joy, and wonder!

Blessings,

Father Michael+





Being kind to ourselves and others is a lot of work. Tell me about it. As we continue to explore trauma in ourselves and others, this month we'll look at Misplaced Emotions, Tone of Voice, Positive Reinforcement, and Smiling.



Misplaced Emotions. Trauma Informed Care (TIC) is walking in someone else's shoes to better understand them. As important as this may be, we should occasionally step outside ourselves, imagining what someone else walking in our shoes might experience and learn about us. Oh My...

Sometimes people appear angry or upset, and you may wonder if you caused the reaction. But often people lash out because they are dealing with stressful situations or have a lot on their minds. Have you ever taken out a bad mood on someone else? Do you sometimes misplace your feelings on others? Even when a situation seems personal, it may not have anything to do with you.

Don't forget; others are reacting to you and what you're going through.

Tone of Voice. TIC is being mindful of your tone of voice. The meaning of a word can change greatly by the way it is said. A little experiment: ask a few people to say the word "no" in different ways – in an angry, funny, annoyed, or sweet tone. Then think about what you all heard based on the tone, not on the word. Changing your tone can impact the outcome or meaning of your message.

Positive Reinforcement. TIC is showing gratitude to ourselves and others. We are all part of families, teams, communities, and the world at large. How often do you express thanks and praise to yourself and others? We all need to know how special we are. "Appreciation changes everything. Our willingness to put it into words is all that is necessary." (Margaret Cousins)

Smiling. TIC is reminding yourself to smile and smile often. Go ahead – I dare you to practice smiling in the mirror each morning. Smiling has been proven to reduce stress, boost productivity (you know you want to do more), make you more approachable (even when I'm in a bad mood), and help you think more creatively (even about household finances). Smiling can improve your mood even if you don't feel like smiling. Believe it or not... just faking a smile still has mood-enhancing benefits.

Be well, be blessed, get caught smiling.

Deacon Ed

Altar Flowers and Sanctuary Candles

We would like to remind everyone that you can now sign-up for altar flowers and sanctuary candles online through Signup Genius. You can also sign-up on the sign-up sheets in Hawks Hall.

****Payment should be made by CHECK (\$40.00 for flowers and \$15.00 for a candle) payable to Church of the Ascension.**** Please include a note giving the date that you signed up for and any dedication.

Here are the sign-up genius links:

Sanctuary Candles:

<https://www.signupgenius.com/go/20F0E44A4A628A7F94-sanctuary1>

Altar Flowers:

<https://www.signupgenius.com/go/20F0E44A4A628A7F94-altar1>





CHURCH OF THE ASCENSION'S INSIDE PICNIC!



The picnic we had on Sunday, July 23rd was a great success. Following the one Service at 9:00 am, there were about 35 – 40 folks who attended. Servings of Hot Dogs, Chips, a macaroni salad, and an ice cream bar seemed to have gone over very well. Thank you to all who participated!

I would like to especially thank Phoebe Prentice who helped with the set-up and clean-up. Phoebe is a delightful young woman who is very easy to work with and who has helped me on a few other occasions. Thank you, Phoebe!

Some time in late September (after I return from another trip), I will plan another Church sponsored event. If you have any suggestions, please forward them to me by email or text: lisawagner069@gmail.com or 626.710.8909

Respectfully,
Lisa Wagner
Hospitality Hostess



Church Picnic Sunday, July 23, 2023



Our vision is that *The Episcopal Church of the Ascension* serves Christ today for those
who will come to know Christ tomorrow.

WORSHIP, FORMATION, PASTORAL CARE, FELLOWSHIP, OUTREACH, PRESENCE
25 E. Laurel Avenue, Sierra Madre, CA 91024 ~ 626-355-1133 www.ascension-sierramadre.com

AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6Pm Tuesday Night Dinner Group Meets	2 8:30am Yoga/Hall 5:30pm Yoga/Hall	3 8:15am Mass 9am Rector's Forum	4	5
6 8am Worship w/Eucharist *Facebook Live* 9am Between the Masses Discussion Group 10:15am Worship w/Eucharist *Facebook Live*	7 8:30am Yoga/Hall Fr. Michael out of office/Clergy Support Group	8 6Pm Tuesday Night Dinner Group Meets	9 8:30am Yoga/Hall 5:30pm Yoga/Hall	10 8:15am Mass 9am Rector's Forum 10:30am Staff Mtg	11	12
13 8am Worship w/Eucharist *Facebook Live* 9am Between the Masses Discussion Group 10:15am Worship w/Eucharist *Facebook Live*	14 8:30am Yoga/Hall	15 6Pm Tuesday Night Dinner Group Meets Vestry Meeting 7pm Hawks Hall	16 8:30am Yoga/Hall 5:30pm Yoga/Hall	17 8:15am Mass 9am Rector's Forum	18	19
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27 8am Worship w/Eucharist *Facebook Live* 9am Between the Masses Discussion Group 10:15am Worship w/Eucharist *Facebook Live*	28 8:30am Yoga/Hall	29 6Pm Tuesday Night Dinner Group Meets	30 8:30am Yoga/Hall 5:30pm Yoga/Hall	31 8:15am Mass 9am Rector's Forum	1 LA EPISCOPAL DODGER NIGHT 7PM	