



## The July 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.\***



**Blood Drive at  
Church of the  
Ascension on  
Wednesday,  
July 12<sup>th</sup>.  
Noon—6pm**

**Event details on  
page 5.**



**Join us for a Church  
sponsored PICNIC on  
Sunday, July 23rd after the  
10:15 Service.**

**Details on page 7.**

**June 2023  
Pledge Payment Snapshot  
through June 19th**



**2023 Budget \$210,000**

<b>YTD Budget:</b>	<b>\$100,568</b>
<b>YTD Actual:</b>	<b>\$100,229</b>
<b>Difference:</b>	<b>\$-339.00</b>

### From the Rector

When it comes to clerical attire, I have always been pretty much of a traditionalist, even if a bit eccentric. Many of my vestments are from a company in England called J. Wippell. Recently, it was announced they're going out of business. My world was rocked.

But if I am honest when it comes to clerical attire, things began changing some time ago. Years ago, I was in the habit of wearing a black clerical shirt with a linen collar most days. (The linen collar is one of my eccentricities – most clergy wear plastic collars.) But along came the pandemic, and for months Kim Lumino and I were the only ones in the office. I stopped attending meetings except via Zoom. And I quit wearing my black clergy shirts except on Sundays. Hawaiian shirts became my new normal.

Most of my Hawaiian shirts are from Costco, but I have a few Dodgers themed Hawaiian shirts. In fact, I have two identical Dodger shirts. In advance of my participation in this year's Fourth of July Parade as Sierra Madre Citizen of the Year, I was faced with a dilemma – what to wear? Black clergy shirt or Hawaiian shirt?

Thanks to Lynne Holl, a solution appeared. Lynne has converted one of my blue Dodgers Hawaiian shirts so that I can wear it with a white linen clerical collar! Talk about a break from tradition. A sign of a new normal emerges.



I hope you have a restful and refreshing summer.

**Father Michael+**

### 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>





“Be kind to yourselves and to one another.” If those words sound familiar, you hear them each Sunday as part of my dismissal at the end of Mass. They serve to remind each of us that God wants us to be kind to ourselves and to each other...no exceptions. We need to be servants of one another, unselfish in our relationships, always seeking common good. Personally, I try and often fail myself and others. I’m human and try not to beat myself up. That would be counterproductive.

Through my own self-care and working with others, I have come to understand that “trauma” sometimes gets in the way of being kind to ourselves and to others. For a while, my Spire articles will focus on traumas, big and small, why they matter and how to cope.

The definition of trauma is an event(s) that threatens one’s physical, emotional, or psychological safety. This event can be different for each of us depending on our life experiences.

Let’s begin by taking some time to think about the trauma we’ve personally experienced and the traumatic experiences of those around us. Examples might include abandonment, the death of a loved one, domestic violence, substance abuse, a car accident, fleeing one’s home (country) due to war and violence. Remember that we all perceive things differently. What isn’t traumatic to one person may be to another.

Knowing that we all carry trauma, how then do we care for ourselves and others? How do we be kind to ourselves and to others? Meet “Trauma Informed Care.”

Trauma Informed Care (TIC) is looking at others through a trauma-informed lens. Understanding the impact of trauma gives us a perspective through which to consider the experiences of others and our own as we interact with each other on a daily basis.

We might interact differently with ourselves and others if we knew the issues that we are all struggling with in our daily lives, if we knew the traumas that we all carry.

Let’s end here with an exercise. Think back to a time when you felt annoyed with yourself or with someone who mistreated you. What was really going on with you or the other person? What thought bubble is at the top of your head – on top of theirs?

“Everyone you meet is fighting a battle you know nothing about. Be kind. Always.” – Brad Meltzer

Be well, be blessed, breathe kindness.

**Deacon Ed+**

## A little update from St. Anne’s Altar Guild- Breadmaking: Process and Results!!!





## Get ready for the Friends In Deed Back to School Backpack and School Supply Drive

Bring your donations to the Church any  
time before Monday, July 17<sup>th</sup>.



### The items needed this year are:

- Backpacks--new sturdy backpacks (no red or blue colors please)
- College ruled notebook paper
- Wide ruled notebook paper (early grades will use this)
- College ruled spiral notebooks
- Wide ruled spiral notebooks
- College ruled composition notebooks
- Wide ruled composition notebooks
- Pens - blue and black
- Pencils, including #2 yellow 6-sided for younger grades; mechanical pencils
- Erasers
- Reams copy paper – 1 pkg per family
- Zipper pouch for pens and pencils (3 holed to go in binders)
- Packages dry erase markers
- Packages colored markers (NO Sharpies or permanent markers)
- Highlighters, all colors
- Packages colored pencils
- Sharpeners (must hold shavings)
- Packages 24-colors crayons (prefer Crayola brand)
- 2 Pocket Folders (prefer poly folders)
- Student scissors (such as Fiskar brand)
- Rulers (metric & customary)
- Packages 3" x 5" index cards
- Glue sticks (many schools prefer sticks to bottles of liquid glue)
- 3 ring binders - 1"- 3"
- Packages of tab dividers for binders
- Staples
- Calculators
- Packages tissue, like Kleenex brand (small little packages that can easily fit into the backpack or school desk)
- Hand sanitizer bottles
- Disinfecting wipes packets



Friends In Deed will distribute to school aged children in need. Help kids be prepared, feel confident, and have a successful school year.





## Forward Today: Bless Our Land

June 28, 2017 Forward Today, [scott gunn](#)

Dear friends in Christ,

Early next week, the United States will celebrate its Independence Day. The day is more than the sales that will probably keep malls and stores busy this weekend. The day is more than a few fireworks. Independence Day is a day to give thanks for the blessings of this nation and to recommit to treasuring and building up the ideals of our country.

As Episcopalians will know, this day is a red letter day in the Book of Common Prayer. It's a Major Feast day, and churches are meant to have celebrations of the Holy Eucharist on this day. Our prayer book provides a couple of prayers and a set of readings for the occasion. There's another prayer I quite like, a prayer that we might all say on or near Independence Day. It's not specific to the United States, so readers from other nations might use it also.



Photo by Flickr user [Celso FLORES](#) / Creative Commons

Almighty God, who hast given us this good land for our heritage: We humbly beseech thee that we may always prove ourselves a people mindful of thy favor and glad to do thy will. Bless our land with honorable industry, sound learning, and pure manners. Save us from violence, discord, and confusion; from pride and arrogance, and from every evil way. Defend our liberties, and fashion into one united people the multitudes brought hither out of many kindreds and tongues. Endue with the spirit of wisdom those to whom in thy Name we entrust the authority of government, that there may be justice and peace at home, and that, through obedience to thy law, we may show forth thy praise among the nations of the earth. In the time of prosperity, fill our hearts with thankfulness, and in the day of trouble, suffer not our trust in thee to fail; all which we ask through Jesus Christ our Lord. Amen. (Book of Common Prayer, page 820)

This prayer reminds us - both as citizens and as people of faith - that we must remember both our rights and blessings *and* our duties and obligations. In particular, we have a sacred duty to look out for the lost, the least, and the last. As Emma Lazarus wrote for the Statue of Liberty, "Give me your tired, your poor, Your huddled masses yearning to breathe free, The wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door!"

Ours is a nation of people yearning to be free. Let us all seek to make a nation where all are free. And when we see that oppression and captivity are preventing freedom, let us open our hearts and the doors of our churches to give sanctuary to those in need of protection and safety.

This Independence Day, let us indeed celebrate our many blessings. But let us also remember that righteousness and justice demand constant vigilance.

Yours faithfully,

Scott Gunn  
Executive Director



## **Blood Drive** **The Episcopal Church** **of the Ascension**

Location: Parish Hall  
25 E Laurel Ave  
Sierra Madre, CA 91024

**Wednesday, July 12, 2023**  
**12:00 p.m. to 6:00 p.m.**

Please visit [RedCrossBlood.org](https://RedCrossBlood.org) and enter sponsor code: ECTA to schedule an appointment.



Scan to be directed to  
RapidPass®

**Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](https://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.**



Scan to schedule  
an appointment.

**Be part of something big. Make an appointment.**

1-800-RED CROSS | [RedCrossBlood.org](https://RedCrossBlood.org) | Download the Blood Donor App

© 2023 The American National Red Cross | 376802-01 CW

A heartfelt thank you to the very kind person who sent this little Easter Basket to the Altar Guild Directress...very kind and your words were very much



appreciated...  
Bless You

We delivered another five welcome kits to IRIS (Interfaith Refugee and Immigration Service) this week, getting big smiles in return from IRIS's interns. Each Kit contains a generous assortment of cleaning and kitchen supplies. Thanks again to all who donated.



The Diocese of Los Angeles will once again descend on Chavez Ravine for Episcopal Night at Dodger Stadium on **Friday, Sept. 1** for a game (with playoff potential) against the Atlanta Braves, according to the Rev. Canon Greg Larkin (AKA "Canon Baseball"), who has led this event since its inception in the 1990s, during Bishop Fred Borsch's tenure.

Kim Lumino – our Parish Administrator – will coordinate for Ascension and will monitor signups, collect ticket money (\$30 per ticket; same rate as last year) and place orders with Larkin. Tickets will be delivered electronically to the coordinator, who will then distribute them via the MLP APP (*you will need to download the app on your smart phone*) to parishioners, according to instructions recently sent to clergy. Tickets must be readable on a cell phone for entry into the stadium. All ticket orders must be sent to Larkin by July 18; coordinators will set deadlines for their congregations.

"We will be joined by the Lutherans of the Southwest California Synod in the true spirit of baseball and ecumenism," noted Larkin, "so do invite your Lutheran friends to come out and join us."



Los Angeles  
Dodgers  
vs.  
Atlanta Braves

**Friday, September 1,  
7:00 p.m.**

The Dodgers welcome  
The Diocese of Los Angeles!

**Tickets only \$30!**



**Fireworks after  
the game!!**

- Sign-up sheet on bulletin board in Hawks Hall.
- Deadline for ordering tickets is July 16.



## CHURCH SPONSORED EVENT FOR ALL!

IT'S PICNIC SEASON  
(Our Picnic will be inside Hawks Hall)

Following the 10:15 Service on Sunday, July 23, 2023, I will be serving:

HOT DOGS  
HOMEMADE MACARONI SALAD  
CHIPS  
&  
BUILD YOUR OWN ICE CREAM SUNDAE

Please take a moment to sign-up for the picnic, so that I will have plenty for all. Call or email the church office or sign-up on the bulletin board in Hawks Hall.

(Who knows, those pesky ants may be back!)



## Baptism of Harlow Reign Hagstrom on June 25th.



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

## JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
<b>2</b> <u>8am Worship w/Eucharist</u> *Facebook Live*  <b>9am</b> Between the Masses Discussion Group  <u>10:15am Worship w/Eucharist</u> *Facebook Live*	<b>3</b> <b>8:30am</b> <b>Yoga/Hall</b>  <div>Fr. Michael out of office/Clergy Support Group</div>	<b>4</b> 	<b>5</b> <b>8:30am Yoga/Hall</b>  <b>5:30pm Yoga/Hal</b>	<b>6</b> <b>9am</b> <b>Rector's Forum</b>	<b>7</b>	<b>8</b>  <b>Funeral Reception</b> <b>Hall</b> <b>10am - 4pm</b> <b>Huber/Moye</b> <b>Family</b> <b>Private</b>
	Parish Office Closed					
<b>9</b> <u>8am Worship w/Eucharist</u> *Facebook Live*  <b>9am</b> Between the Masses Discussion Group  <u>10:15am Worship w/Eucharist</u> *Facebook Live*	<b>10</b> <b>8:30am</b> <b>Yoga/Hall</b>	<b>11</b> <b>6Pm</b> <b>Tuesday Night</b> <b>Dinner Group</b> <b>Meets</b>	<b>12</b> <b>8:30am Yoga/Hall</b>  <b>5:30pm Yoga/Hal</b>  <div>Blood Drive in Hawks Hall Noon-6pm</div>	<b>13</b> <b>8:15am Mass</b>  <b>9am</b> <b>Rector's Forum</b>  <b>10:30am</b> <b>Staff Mtg</b>	<b>14</b>	<b>15</b>  <b>Funeral &amp;</b> <b>Reception</b> <b>Church &amp; Hall</b> <b>11am</b> <b>Harrison/Thomas</b> <b>Family</b> <b>Private</b>
<b>16</b> <u>8am Worship w/Eucharist</u> *Facebook Live*  <b>9am</b> Between the Masses Discussion Group  <u>10:15am Worship w/Eucharist</u> *Facebook Live*	<b>17</b> <b>8:30am</b> <b>Yoga/Hall</b>	<b>18</b> <b>6Pm</b> <b>Tuesday Night</b> <b>Dinner Group</b> <b>Meets</b>  <b>Vestry Meeting</b> <b>7pm</b> <b>Hawks Hall</b>	<b>19</b> <b>8:30am Yoga/Hall</b>  <b>5:30pm Yoga/Hal</b>	<b>20</b> <b>8:15am Mass</b>  <b>9am</b> <b>Rector's Forum</b>	<b>21</b>	<b>22</b>
<b>23</b> <u>8am Worship w/Eucharist</u> *Facebook Live*  <b>9am</b> Between the Masses Discussion Group  <u>10:15am Worship w/Eucharist</u> *Facebook Live*  <div>Church Picnic after the 10:15 service.</div>	<b>24</b> <b>8:30am</b> <b>Yoga/Hall</b>	<b>25</b> <b>6Pm</b> <b>Tuesday Night</b> <b>Dinner Group</b> <b>Meets</b>	<b>26</b> <b>8:30am Yoga/Hall</b>  <b>5:30pm Yoga/Hal</b>	<b>27</b> <b>8:15am Mass</b>  <b>9am</b> <b>Rector's Forum</b>  <b>10:30am</b> <b>Staff Mtg</b>	<b>28</b>	<b>29</b>
<b>30</b> <u>8am Worship w/Eucharist</u> *Facebook Live*  <b>9am</b> Between the Masses Discussion Group  <u>10:15am Worship w/Eucharist</u> *Facebook Live*						