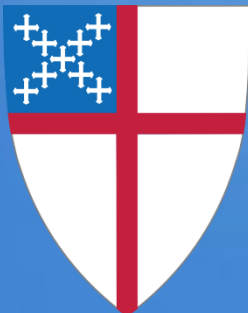
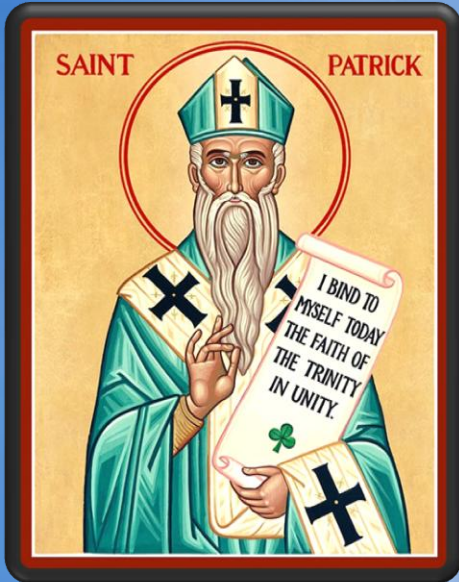


Spring 2020

IKON

The Ascension Messenger



Church
of the
Ascension
Munich

Points to Note

Worship

We worship every Sunday at midday in the Emmauskirche, Laurinplatz, 81545 München, Germany. For up-to-date news and details of services, check our website at: www.ascension-munich.org

Do also take a look at our Facebook page: www.facebook.com/ascensionmunich and our YouTube channel: www.youtube.com/channel/UC48o2rHFcPLNCJxnSGeZ3FA

Clergy

The Rt. Rev. Mark D. W. Edington, Bishop in Charge
mark.edington@tec-europe.org

The Rev. Allan Sandlin, *Priest in Charge*
revallansandlin@ascension-munich.com

The Rev. Dr. Ali Gray, Priest Associate
revaligray@ascension-munich.com

The Rev. Dorothee Hahn, Priest Associate
revdorotheehahn@ascension-munich.com

The Rev. Clair Ullmann, Priest Associate
revclairullmann@ascension-munich.com

Pastoral Care

In a pastoral emergency, please contact The Rev. Allan Sandlin at +49 170 505 3582
Note: Friday is Father Allan's day off. Please contact him if it is a pastoral emergency but otherwise he will respond to emails and phone calls on Saturday.

Financial Support

Our church receives no funds from any government body; we are entirely supported by the contributions of our members.

Donations and pledges can be made by bank transfer to:
The Church of the Ascension, Deutsche Bank
IBAN: DE49 7007 0024 0459 8702 00

2 Corinthians 9:7 “*Let each one do just as he has resolved in his heart, not grudgingly or under compulsion, for God loves a cheerful giver*”

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Editorial

Dear brothers and sisters in Christ,

So here is the spring edition of the IKON. St Brigid is the patron saint of spring and yet her feast day falls on February 1st when storms and torrential rain didn't make it feel like spring at all this year. I hope, therefore, that you will forgive me for having chosen St. Patrick to adorn the cover of this edition.

Green seems to be an appropriate colour to choose. Not only does it symbolise the new shoots that appear in our garden at this time of year, but here at Ascension it symbolises the new shoots of new activities that are establishing those connections that the bishop is so keen to foster.

The young adult's group is well established; so is the men's room; we have regular quiz nights; we celebrated the return of the three divas, and of the Lenten Soup Lunches. We also have new volunteers to read, to serve at the altar, to serve at coffee hour, to lead the youth group, to help with the church website. There will be others I have forgotten. You know who you are, so feel thanked anonymously. Two of these people you will meet briefly between the pages of this magazine. Details of other newcomers will come in subsequent editions. Don't think you have been forgotten!

Reports of outreach activities show that this growth is not restricted to the walls of this church and Joy Schindel's article shows us how important spiritual growth is.

Let us hope and pray that this growth will not stop altogether during the present crisis. These tender new shoots will need nurturing. Thanks to tireless work by Fr. Allan, George Battrick, Janet Day-Strehlow and the absolute technical wizard, Steve Knowles, parish life continues, albeit virtually. I am a technophobe, but was moved to tears when experiencing Morning Prayer via zoom on Sunday 22nd. So I hope to see some of you online.

Virtual hugs to all.

May you all have a blessed Eastertide in these worrying times.

Peace

Sue Morris





Letter from our Priest in Charge

Approaching Holy Week in 2020

Dear Beloved of Ascension,

Sometimes, it's the small things that matter.

Think of some things Jesus talked about. A mustard seed. The hairs on your head. For instance.

Or a certain phrase he used when telling one of his puzzling parables. The dishonest steward? You remember, the one where Jesus seems to commend the one who made friends for himself by means of dishonest wealth? At the end of that parable, Jesus says "whoever is faithful in a very little is faithful also in much..."

I'm writing this from my apartment in Harlaching where, like you, I

have been in isolation for days now because of the coronavirus. In this time when our view of the world is limited, there have been moments when small things have come into focus, when small gestures have caught me off guard.

Small things like the smell of my noontime staple, a grilled cheese sandwich with thin slices of salami, cooking on the stove. Waking to snow on yellow forsythia. The exquisite beauty of an almost forgotten hymn tune coming out of nowhere.

Or a small gesture of hospitality and gentleness. My last evening in the city, I had a bit of a cold and found myself without a tissue to wipe my nose. Without going into

details, suffice it to say I was somewhat desperate. Walking down the street and not seeing any place open that might sell packets of Tempos, I ducked into the station at Rosenheimerplatz and found a small kiosk selling the usual tabaco, mints and beer. I thought they might sell tissues but I didn't see any on the shelves. So I asked. The woman behind the counter said "Do you need some for right now?" I said, yes, I do. She didn't say "We don't sell them here" or anything like that. She moved out from behind the counter, went around the corner into the supply room and came out with an open box of tissues, held it out and said "take as many as you need".

Now, that's grace. The grace of small things.

I've seen a lot of that around this church in the past two weeks. Oh, how we've missed seeing each other, talking with each other, singing together in church, sharing stories over tea and coffee, gathering for Bible study and even in person committee meetings. In this church where receiving signs of God's love in pieces of bread and sips of wine is central to our experience of the Holy, I have already begun to miss celebrating Communion with you. Yet, we are finding ways to be with each other, to comfort each other, to share hope and courage, to bring music and even laughter into each other's lives.

I know you are calling each other on the phone. Calling people you haven't seen in ages. Calling people you may have never met just to check up on them. Sending WhatsApp messages, participating in Zoom meetings. It's a marvelous mystery to behold what the body of Christ looks like even when we are missing being physically present with each other. You are amazing.

This morning, I casually mentioned to a parishioner I was emailing with that I was running low on the 50 cent coins necessary to do laundry in my building. An hour later, another parishioner texted me to say she would be leaving two rolls of those coins in my mailbox. Well, that's not entirely a small thing. Two rolls of 50 cent pieces with 40 coins in each roll? Not a small amount of money and I think I'm set for laundry through the summer.

That's grace. The grace of small things.

When you are beginning to lose your courage or begin to go a bit stir crazy, pay attention to small things. And then, think of something to do for someone else. It works every time.

May God's grace sneak up on you today.

A handwritten signature in blue ink that reads "Faithfully, Allan". The signature is written in a cursive, flowing style.

Allan +

This letter is a version of Fr. Allan's homily on the 5th Sunday in Lent.

The Rev. Dr. Ali Gray

The Rev. Dr. Ali (not Alison) Gray tells us how her busy life has changed dramatically over the last few years. From being a priest in the Church of England and a practising psychiatrist in the National Health Service in the UK, she is now a Priest Associate (not an Associate Priest, please note) and understands that a vestry is a committee and not a room where the priest can change.



I'm known as Ali by all my friends and family, although my late mother always called me Alison. I was ordained deacon as Ali, by the Bishop of Worcester UK in 2010, and priest a year later. I believe my primary calling is to integrate mental health and spirituality, so following ordination I became a Non-Stipendiary Minister in Secular Employment.

I continued to work as a consultant psychiatrist for three days a week in the National Health Service (NHS) and spent the rest of the time reflecting on, writing and teaching about the overlap between faith and mental health, and working directly for the local church. For several years I was unique in the UK in being the only person who could both sign papers to have someone detained or “sectioned” under the Mental Health Act, and also sign papers to marry someone; I never did do both of those things on the same day.

In 2016 I was working in the hospital In Hereford, a small city on the border with Wales. This was a very demanding role, developing and running the psychiatric services in the physical health hospital with half the team that national guidelines said we needed, during a period of great austerity. I also worked as one of three licensed priests on the small team at Great Malvern Priory. At home I had three teenagers with their issues, my husband Peter was working long hours in a boarding school, and my mum nearby had increasing health problems.

Fast forward two years and I have left the NHS the C of E and the UK. We are living in Starnberg with Peter teaching at Munich International School (no Saturday morning lessons!), my mother has sadly died, and our three young adult children are getting on with their lives in the UK. I continue to chair the Royal College of Psychiatrists Spirituality Special Interest Group, but am now not working clinically as a doctor.

One thing I'm often asked is the difference between the Church of England and the Episcopal Church. Arriving at the Church of the Ascension November 2018 I immediately met the interim minister. In the C of E there is no “interim minister” role, the church in vacancy is run by the Church Wardens with lay members of the congregation stepping up to new roles and opportunities and any available local ministers helping out week by week. For 18 months my church, Great Malvern Priory, was in vacancy. The vicar and the youth and families minister, a married couple, moved

to new roles. This was a busy time for me as the only remaining licensed priest. Thankfully several retired ministry colleagues and lay people took on additional roles within the church and we didn't have to change the service routine at all. The new minister arrived at Easter 2018, and I retired from the NHS and moved to Starnberg full time that autumn. Although a vacancy does give the laity a chance to develop new roles, it often puts a lot of strain on a small group of volunteers, so I appreciate the Episcopal Church's wisdom in training up specialist interim ministers.

Most of what happens in the Episcopal Church is identical to that in the C of E, although I have had to learn a new dialect. At the Priory I was an Associate Priest, not the other way round; We had a 'Parochial Church Council', the vestry was simply the place to get changed in. Your rules about hymns needing to be in an approved hymn book before use surprised me; in the C of E recently written hymns and songs enter the repertoire quite quickly, even in traditional parishes.

The process for selection for ordination is very different, which I am now learning as a new member of COMB (Commission on the Ministry of the Baptised).

Many of the differences I have experienced here seem to stem from having a very scattered congregation. Previously I have been used to a 10-minute commute to church, 20 if I walked, and most of the congregation were also within walking distance. This made community outreach, mid-week events and pastoral care straightforward, much of the life of the church was in small cell groups meeting in people's homes and it was possible to pop in on people without making a 90-minute round trip. I am certainly making much more use of video conferencing since being here.

The other question which comes up frequently is whether we have moved here permanently. My time here is joyfully filled with studying and praying, learning German, housekeeping and cooking, running an Alpine walking group and helping at the local dementia café. I have been away speaking at conferences and teaching various groups of ordinands and clergy on subjects as diverse as "*Burnout, resilience and spirituality*" and "*The theological Implications of the new neurosciences.*" I really enjoy such speaking and teaching.

Peter & I have made some good friends, and Starnberg and the Church of the Ascension do now feel like home, but at present I expect that in 5 years-time we will have moved on to another international school or back to the UK. There again, my experience of the way God works in my life suggests that just putting that thought down on paper means we'll be here for another 20 years.

Thank you, Church of the Ascension for making us feel so welcome!



Ali (right) with her family

Bake Sale – A big Thank-You !



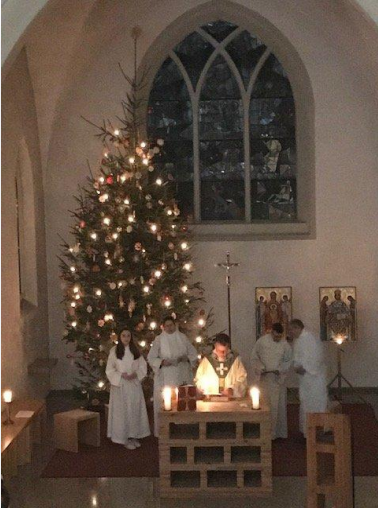
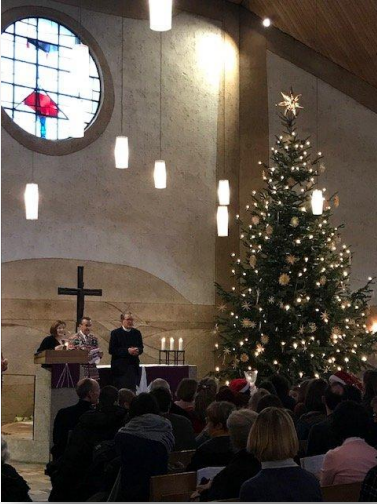
We would like to thank ALL of you who did so much to make our Christmas bake sales such a success last year. We made a phenomenal €1,275.

Thank you for all your support.

The date for our next bake sale is on 3rd May at the Easter Messiah Open Sing.



Memories of Christmas



Distribution of Shoeboxes

Distribution of shoe boxes at the Münchner Tafel before Christmas!



It was a nice, sunny December day when Angela, Barbara, Allan and I set off with 2 cars full of shoe boxes that had been lovingly filled with goodies that could make Christmas not such a bleak time for those who are in desperate need. Also in our load were: chocolate Father Christmas bags, Lebkuchen, knitted goods, such as scarves, gloves, socks and hats and a variety of shower gels and soap.

On arrival, we set up 3 tables, and started unpacking. The tables were full and looked really Christmassy, the shoe boxes were very colourful, the Father Christmas bags were very decorative. Between the knitted goods there were bunches of various evergreens tied with red ribbon.

Gradually, the Tafel clients walked towards the tables in a disciplined queue with an expression on their faces "Is this really for us! " They were mainly Eastern Europeans, who were old, disabled, and using walking frames. Some were not able to speak German very well. I personally felt desperately sorry for them, in a strange country, ill, poor and unable to communicate. Too awful even to try to imagine how lonely and sad they must sometimes feel.

They were absolutely thrilled when they were told they could choose a shoe box, a chocolate Father Christmas or Lebkuchen, a pair of socks or soap. Chocolate was obviously a luxury for them; they were just soooo thankful and pleased! One elderly man, who I presume had basically nothing, wasn't interested in finding socks for himself, but took time and asked if he could have a pair of socks for his wife. Another elderly



man asked if he could have a Father Christmas for his grandchildren. They seemed to want to bring a little happiness into someone else's life!

What I think really warmed our hearts was the expression on the faces of the toddlers with their Mums when they received a chocolate Father Christmas. It was really priceless! Their little faces lit up with delight: a picture I think we will remember for a long time.

One lady had gone to an awful lot of trouble and had made Christmas biscuits for all the helpers. Attached was a little note saying thank you. Remember this was someone who had very limited funds. She knew the pleasure in giving!

I think, to sum up our experience would be to say it was heart-warming to see how unselfish these people generally were, and how grateful they were for things that we take for granted. They basically had very little, but their concern was often not to have something for themselves, but to find a small present that would give pleasure to someone when they arrived home with a little extra. That something was a shoebox, a chocolate Father Christmas, a scarf or even a twig of evergreen tied with a red ribbon. I found it a humbling experience, which I would not have wanted to miss.

I would like to say on behalf of the Mission Group many thanks to all who contributed in any way to this very worthy project. We look forward to your support again next Christmas.

Liz Wink



Candlemas

Kate Winn explains why we may still see Christmas trees decked with lights right up to the beginning of February.

Although Christmas may feel like a long time ago, in liturgical terms it is the feast of Candlemas on 2nd February that closes the Christmas and Epiphany season. It celebrates the presentation of Jesus in the Temple in Jerusalem, at which he is greeted by the prophets Anna and Simeon.



God had promised Simeon that he would live to see the Messiah and Simeon hails Jesus as ‘a light to lighten the Gentiles and the glory of thy people Israel (Luke 2:32).’ It’s one of those intriguing echoes: 40 days earlier, the Christmas service contains Isaiah’s prophecy: ‘The people that walked in darkness have seen a great light: they that dwell in the land of the shadow of death, upon them hath the light shined.’ (Isiah 9:2). This focus on light gives Candlemas its name, because in the northern European church, the day has long featured a candlelit procession, reflecting Simeon’s proclamation. Simeon’s presence is also why Candlemas is, in the Eastern Orthodox Church, known as ‘the Meeting of the Lord’.

Candlemas’ other names – the ‘Feast of the Presentation of Jesus at the Temple’ and the ‘Feast of the Purification of the Virgin’ – allude to the reason for the Holy Family’s trip to the Temple: it completes Mary’s ritual purification after childbirth and allows for the ‘redemption of the firstborn son’, as set out in Mosaic Law. Luke mentions that Joseph and Mary make the sacrifice of a ‘pair of turtledoves, or two young pigeons.’ (Luke 2:24); it’s the poor families’ option – a poignant detail.

Candlemas is a reminder that Christ’s coming ushers in the new light, life and hope of spring. And spring brings something else, too: Lent, and the way of the cross. We will be back in Jerusalem soon: for the crucifixion...and the resurrection.

„Auction of Talents“ Events

Fellowship enjoyed in many different forms after the “Auction of Talents”



Volunteers sought

Enjoy fun, fellowship and service by volunteering for one or more of the following ministries:

Coffee hour



Contact: Joan Case
0172 825 6425
MJCase@gmx.net

Altar Guild



Contact: Carol Forrester
0172 257 6446
carol.forrester@web.de

Lectors and
Intercessors



Contact: Sue Morris
08122 8928560
sue.morris@web.de

Choir (tenors
particularly welcome!)



Contact: Jeff Leipsic
0176 5012 3388
jeffantje@aol.com

Acolytes and Eucharistic
Ministers



Contact: Martin Schäffer
0171 2232 190 or 08041 4389692
dycon@online.de

*"In a society that has you counting money,
lbs*, calories and steps, be a rebel and count
your blessings instead."*

**pounds*

The Prayer Board



Every Sunday you see a red board, bearing the words: **Hear our prayer** propped on a window ledge at the left side of the church as you face the altar.

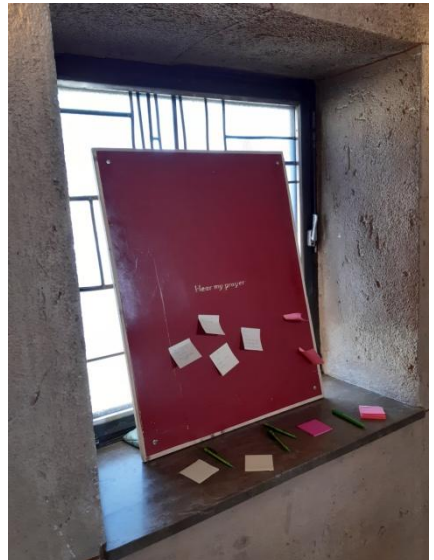
What exactly is its purpose? Parishioners are encouraged to use the post-it notes on which to write names of people or situations that are important and dear to them personally, or indeed to us all, and then stick these requests on the board. Some people describe on the post-it note why prayers are being asked for, others just write a name or names.

What happens then? The post it notes are taken home by one of the prayer team and the contents of them sent, by email, to the whole team of 11 lay members of the congregation and two priests. The team will pray for the people on the list every day. It can be a great comfort to know that others are praying with you.

Prayers of the people are, of course, an important part of our liturgy and they will always continue.

However, by putting the name of your loved ones on the prayer board rather than the list of prayer requests at the usher's table, you can be assured that they are remembered every day and not just on a Sunday.

Sue Morris



The *Zürcher Bibel*

The history of our German Bible

On Sunday, November 17, 2019 our German Bible was re-dedicated for use in our services at Ascension. How did this specific book become ‘Our German Bible?’ Why this one?

As some of you may remember, in 2004, the first translation of parts of the Book of Common Prayer (BCP) (1979) was finally published in German. The translators were mostly from Ascension (among them, The Rev. Tom Pellaton, George Battrick, Bernd Hieronymus and I), but also from Christ the King, Frankfurt (Gretchen Nagy), as well as from St. Augustine’s, Wiesbaden and St. Columban, Karlsruhe. It was not a small task, I can assure you!



Dedication of the *Zürcher Bibel*

we considered were: the Lutherbibel (then last revised 1984), the *Einheitsübersetzung* (first edition 1980) and the *Zürcher Bibel* (then last revised 1931). Like the translation originating from Martin Luther, the *Zürcher Bibel* goes back to the Reformation and the Swiss reformer Huldrych Zwingli (1484-1531) who, apart from Luther, was the main translator of this Bible. Translated between 1524 and 1529, the first complete edition was published in 1531 – three years before the first complete translation of Martin Luther’s Bible, in 1534. As well as being the oldest translation, this was the closest to the texts of the BCP as well as the NRSV.

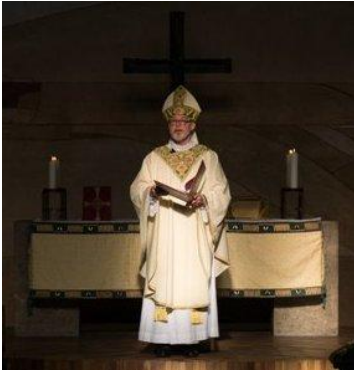
The Convocation bought the rights to use the texts for the publication of the German-English BCP, and Ascension bought the *Zürcher Bibel* for use during our services.

Since then, it has been in regular use for our German readings.

Dorothee Hahn

Many of the passages of the BCP are direct citations from the Bible, and there are whole psalms spread throughout the entire book. When considering these passages, especially the psalms, which are printed in the Daily Offices (Morning Prayer, Noonday Prayer, Evening Prayer and Compline), we wanted to use an original translation from Hebrew into German, rather than translate from English into German. We were looking for a translation that was closest to the English in the BCP and the New Revised Standard Version (NRSV), the English Bible translation we use for our readings at services. The translations

Bishop Mark's Visit



It was January 11th when the Vestry gathered in the rooms upstairs to meet and chat with our bishop, The Right Reverend Mark Edington. I wanted to share a bit of that morning.

Bishop Mark talked about giving, and what it means to give, and giving evolving into commitment. It is a radically disorienting thing to say to someone: 'What can I do to help you?' We live in an era when commitment seems scary, because everything keeps letting us down. Our first reaction to that is to back off, and lose connection to one another. We need to restore connection, and then get back to commitment.

This is the commitment that the church makes to you, and that God makes to you. We can fail, but God will not. The Bishop's job is to be faithful to people, to help us know that the church is there for us, and will not fail us. Our company may not be loyal to us, but the church is. Universities and institutions are good at saying no, but the church is good at saying yes. In the church we have a genuine community as opposed to the disconnect so present in society today.

Bishop Mark said that he felt that his office had lost the trust of our parish, and that he intends to restore that trust. We at Ascension are the 2nd largest congregation in Europe, and he needs us to be strong and active.

There are four areas of engaged spirituality that Bishop Mark hopes to focus on:

1. Refugees and Migrants, and how we can be a resource for them.
2. Racism in Communities
3. Climate and caring for our creation. The church cannot fail to have a voice.
4. Youth and Children

That evening was Quiz Night, and Bishop Mark and Father Allan provided the snacks. The winning team was said to have had the fewest members, but without a doubt, those most wise! No, the question as to how many times the word donkey appears in the Bible did not give the team an opportunity to display their wisdom and secure the win, as this was a "spot question", the answer to which nobody was expected to know. (editor: If you don't know how a spot question works, come to the next quiz night.)

Sunday, January 12th we had a Celebration of Ministry, when we welcomed our new Priest in Charge, Allan Sandlin. Clare Sophia Bartesch and Kai Mikael Lim were baptised, Rhyssa Graef was received as a member of the community and Starrla Ann Lares was confirmed. (Starrla sadly had to return to the US shortly afterwards). Bishop Mark talked about the fact that the church is about connecting people to God, and said that Father Allan is our chief connection officer and we all connected for quite some time after church as we enjoyed the gorgeous buffet at the beautiful reception after the service. It was a beautiful weekend with much to celebrate.

Ikron



"Claire Sophia I baptize you in the Name of the Father, and of the Son, and of the Holy Spirit. Amen"



"Kai Mikael Lim I baptize you in the Name of the Father, and of the Son, and of the Holy Spirit. Amen"



"Strengthen, O Lord, your servant Starrla with your Holy Spirit; empower her for your service, and sustain her all the days of her life"



"Rhyssa, we recognize you as a member of the one holy catholic and apostolic Church, and we receive you into the fellowship of this Communion."



The feast is ready, thanks to the team



The feast

Worship in Augsburg

Welcome to St. Boniface, the only English-speaking Anglican/Episcopal Church in Augsburg. We worship each Sunday, normally at 4:30 PM (16:30h CET) at our host church:

**Evangelisch-Lutherische Auferstehungskirche,
Garmischer Str. 2a,
86163 Augsburg (Hochzoll).**

(Please check for eventual time shifts on www.stboniface.de or on Facebook.)

After services, we enjoy a time of fellowship with coffee/tea, cake and/or home-made goodies. Please feel free to join us as we worship together.

Worship in Nuremberg

St. James the Less meets every 2nd and 4th Sunday for worship at 16:00 in the main church of the Jakobskirche in downtown Nuremberg:

**Jakobskirche - Church of St. James the Less
Jakobsplatz 1
90402 Nürnberg**

Please come and join us! We would be honored to have you worship with us. No matter who you are, or where you are on your spiritual journey, you are welcome at St. James the Less.

www.st-james-the-less.de

“For every minute you are angry you lose sixty seconds of happiness.”

“Common sense is genius dressed in its working clothes”

Ralf Waldow Emerson

Perpetual Anticipation



At the beginning of February those of us privileged to do so, witnessed the very first broadcast of radio WCOA, a live performance ably compered by Loren Stuckenbruck and starring our three divas Mitchell, Tonda and Deirdre, who this time, were in perpetual anticipation of Mr Right – waiting for a date, waiting for him to walk them down the aisle or just waiting for him to come home.



Compère Loren

In a range of songs and arias spanning several centuries, we heard about Susanna who is eagerly anticipating a meeting with the Count, Adelaide who has been wanting to marry her fiancé for 14 years, and Laetitia who is

hoping that a possible thief will steal her heart, just to mention a few.

With great alacrity, vocal perfection and amazing linguistic ability our three Divas once again gave a splendid performance. Of course this would not have been such a success without the masterful accompaniment from Professor Steve.



Professor Steve

We will now be in perpetual anticipation until next time.

Chapeau!

Barbara Norman

The Camino

What does walking the Camino mean to me? asks Joy Schindel



I am a lover of The Way – The Camino. Filipinos are not known to be good walkers or hikers. Somehow, this typical German pastime was introduced to me over 25 years ago and it spoke to me. It brought me outdoors and close to nature and it is an activity that allowed me to use my entire body while keeping my head free. It taught me to enjoy the “here and now”!

How often have I walked the Camino? The very first one I did was in 2008. I took 23-day’s leave from work before my 50th birthday, flew to Madrid, took the train to Burgos, and started walking the Camino Frances from Burgos to Santiago de Compostela (SdC). I walked 500 kilometers in 21 days, arriving at my destination exactly on my 50th birthday! I was ecstatic!!! I had done something I never thought I could do – I walked and walked and walked ALONE, and for the first time, I had nothing but just a backpack and very few clothes with me. I gave myself to

the Camino and simply allowed each step, each moment, each day to show me what I needed to learn. It was an amazing experience – a revelation of what life was, is or can be all about. I cried buckets but I also laughed heaps with others. I got rid of some of the heavy load and “baggage” on my back; some I threw out and some I sent back to Munich. I retained only what I needed for my onward journey. From the 10 kilos I had, I continued on with 7 and had more than enough. From the psychological baggage, I freed myself completely!

I came back a very happy and peaceful being. I had spent so much time with My Dear Friend! I felt so connected and so accomplished even if all I did was just walk. I found freedom! I experienced grace! I realized that I needed so little in life to be happy. Since then I have done other Caminos, between 2011 and 2013, and in 2015. They were shorter ones, maybe the most beautiful of them being the Camino Finisterra that leads to the Atlantic Ocean through spectacular Galician country side.

One possesses very little while on The Camino. You have the set of clothes you are wearing and another set in the backpack to change. Add to these an extra pair of socks, an extra pair of knickers and a jumper and some rain protection plus your toiletries and that’s it! A sleeping bag and a microfiber towel may be needed and

Ikon

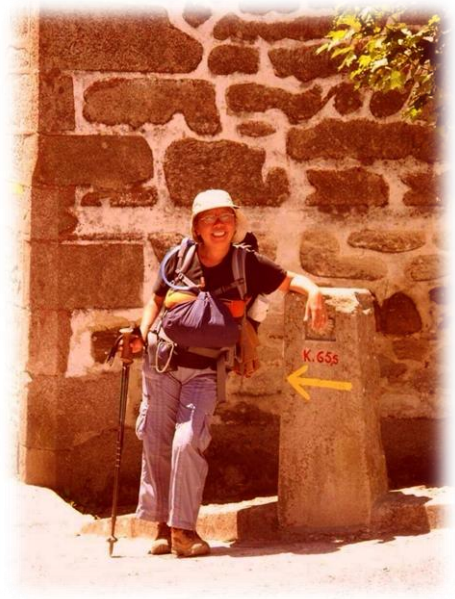
good walking or hiking shoes that still support your ankles after 7 hours of walking. Every evening after arriving at a place to spend the night, one needs to launder clothes. You would sleep in the clothes that you plan to wear the next day. Sometimes I stayed in a pilgrim's hostel with 20 or 30 others in a dormitory-like hall and sometimes I booked into a hotel with my own room to enjoy a bathroom and toilet all to myself. Whether in a hostel or in a hotel, you need to present a pilgrim's passport and have it stamped to prove that you walked the path. With this passport, or "*credencial*", you can receive your certificate or "Compostela" in Santiago after arriving there. I have four of those now.

The last Camino I walked was in 2019 when I ventured out with Emma, a work mate. We planned to walk the Camino Frances from the very start at St. Jean Pied du Port in France up to Burgos, where I began my first Camino in 2008. This is a distance of about 290 kilometers. July is a wonderful month to walk, as fine weather is almost guaranteed. That year I happened to wear a different pair of hiking shoes and my feet started to sweat in them and eventually I was getting swollen, infected blisters on both feet.

On Day 7 I told Emma that I had to stop and I saw how her face fell. I assured her that I was going to take the bus to the next destination while she did the day's "walk" and I'd meet her at the end of the day at the place we would spend the night. I explained to her that she had to walk "her own Camino" and not depend on me. Not being able to continue walking was, of course, frustrating, but then it hit me

that I was meant to go deeper with my understanding of how God works in our lives.

So it is with this thought that I continue to look forward to doing more Caminos in the future. The change in you that walking the Camino brings is all that matters. As long as you keep yourself open and receptive to the wonders of its magic, you cannot go wrong.



There is so much love to be felt from the locals one encounters, so much kindness from strangers and fellow pilgrims, and so many enlightening and encouraging thoughts from God.

You learn to take one step at a time, not to look beyond the bend or curve at any given time, and to trust fully in His Almighty Goodness.

Sunday School and Youth Groups

SUNDAY SCHOOL

Sunday School offers Christian education and fellowship in the English language to children from age 3 – 11 on Sunday mornings. Lessons are held on Sundays from 11:45 – 12:45 (during the normally scheduled service).

NOTE: At present, Sunday School is offered once a month. Please watch the announcements for dates.

YOUTH GROUP

The Youth Group meets regularly for fellowship and fun activities on a Christian platform, currently once a month on Sundays from 11:30 – 12:30 joining the main service for the Peace. Please inform any Vestry member or the Church Office if you are interested. We have members aged from 10 to 15 and it is the hope that we will be able to divide into a Junior- and a Senior section in the near future.

In addition, youth who are aged 13 by May and who are interested in being confirmed may participate in confirmation instruction led by our Priest in Charge.

Youth Leadership Team

The current Youth Group began in October 2018 when a group of confirmands asked if there was some way in which they could keep in touch on a regular basis. Julia Faller and Roger Houghton, together with Dagmar and Tobias Hamberger from Augsburg took on the job of setting up the new group and organizing their activities. There are now 14 teenagers on the list, so we are very pleased that Scott and Javine McLaughlin have agreed to join our team and take a leading role in ensuring the future of the group.

Scott and Javine moved to Munich last August from Dallas, Texas, with their two sons, Kian (age 13) and JeanLuc (age 11). Javine is an obstetrician and Scott works in finance and accounting. They have been active members of an Episcopal parish since they were married at the Church of the Transfiguration in New York City in 2005.

Javine and Scott look forward to learning and growing together with the youth of Ascension.



Javine and Scott McLaughlin

Kristi Nowak

I'm sure we have all heard it at some point of our lives:



“It is an honour to be here.”

“It is a great honour to introduce your M.P.”

“It was an honour doing business with you.”

Well you could substitute all those honours for “pleasure.” But there are some that are just that – a real medal to show that a person is being honoured for outstanding public service.

Maybe you have heard of some examples, such as *Dame of the Order of Australia*, or *Der Bundesverdienstkreuz*, or *A Member of the Order of the British Empire*, or *Chevalier du Légion d'honneur*, or *Knight Companion of the Order of the Garter*, or even *A Member of the Most Exalted Order of the White Elephant* (Thailand).



It is rare, however, to meet people who have deserved such an honour. At the Church of the Ascension we are indeed honoured to know someone who has.

The ***King's Commemorative Medal in Gold*** was conferred on our own Dr. Kristi Nowak on Monday 20th January 2020 for her many years of service to the Kingdom of Norway, in a ceremony hosted by the Norwegian Ambassador who came from Berlin specially to do so.

An honour most richly deserved, dear Kristi.

What is Ascension doing for Outreach ?



Last year our modest budget supported the soup kitchen as in previous years. Bags filled with a variety of foodstuffs were distributed to those in need by the Missionaries of Charity (sisters of Mother Teresa) just before Christmas. In addition Ascension helped the sisters buy winter bedding for the rooms they have for the homeless.

Another project Ascension supported is *L'Arche Tirol*, a community of people who are physically and mentally challenged. And through Rev. Dorothee poor families in Romania were given firewood to help them through the winter.

However, it's not just about having a budget. Ascension is reaching out to communities in other equally important ways. Parishioners helped colour in Christmas cards for the

prisoners in Stadelheim.

Women from the Golden Girls made 100 bags with Christmas goodies for the children of needy families

And you all supported Rev. Dorothee's work in Romania by buying honey, lavender products and hand- knitted items



We are still collecting stamps for the Bethel foundation. A box is on the ushers' table.

WE REALLY APPRECIATE YOUR SUPPORT. PLEASE WATCH THIS SPACE FOR NEW PROJECTS IN 2020!



The Young Adults' Group

Who: For anyone in their 20s and 30s, married, partnered or single, with or without children

When: Once a month after church in the upper room usually towards the end of the month, though this is not fixed

What: We share songs, food, fellowship and study. We also have occasional more casual spontaneous meetings at restaurants in the city.

If you are interested or have any queries, please contact Shema or Rohit Paul:

shemaeliz18@gmail.com or paul.rohito8@gmail.com



Fair Trade Goods from Emmaus

Are you a marmalade lover? Try the jam from Zimbabwe, on sale once a month before our church service. Or tea from India, coffee from Tanzania. It's all part of our host church's Fair Trade Booth.

Nuts? Honey? Cookies? Wine - red or white? Also on offer.

Occasionally jewelry, scarves, coin purses appear, bringing the flavor of other lands. The Emmauskirche congregation has been offering Fair Trade goods in the lobby of the church for the past twenty years, enabling growers all over the world to make sound profit from their goods.

Check it out. You'll be glad you did.

Dee Pattee



Coming Events...

We hope to resume live services and activities soon, but at the time of publication we cannot be certain.

Important: *Because we do not know how long the enforced lockdown due to coronavirus will last, before setting off for any activity, please check on our website for possible changes or cancellations.*

<i>May 3rd, 2pm</i>	<i>Messiah Open Sing</i>
<i>May 9th, 7pm</i>	<i>Quiz Night</i>
<i>May 20th, 7pm</i>	<i>Evensong at St. Willibrord's</i>
<i>June 17th, 7pm</i>	<i>Evensong at St. Willibrord's</i>
<i>July 15th, 7pm</i>	<i>Evensong at St. Willibrord's</i>
<i>September 13th</i>	<i>Celebration Sunday and AGM</i>
<i>October 10th/11th</i>	<i>Golden Jubilee Celebrations</i>
<i>November 14th, 7pm</i>	<i>Quiz Night</i>



The 2019-2020 Vestry

The vestry members wear name badges so don't hesitate to speak to one of them if you have any questions. There is an "Ask the Vestry" box on the ushers' table and answers will be published in the **Ikon**

Janet Day-Strehlow, *Senior Warden*

George Battrick, *Junior Warden*

Michael Beer

Carmen Bleicher

Roger Houghton, *Clerk of the Vestry*

Steve Knowles

Sue Morris

Graham Pearce

Joy Schindel

Angela Schneider

Lois Stuckenbruck

Mitchell Woodard



Each vestry member (excepting the Senior and Junior Wardens) has the responsibility of being in touch and close communication with the leaders of these ministries, to support them and serve as a liaison to the Vestry. They keep the Vestry informed of the needs of the parish in terms of these ministries.

<i>Administration</i>	Lois Stuckenbruck
<i>Communication</i>	Steve Knowles
<i>Children, including the crèche, through age 9</i>	Mitchell Woodard
<i>Youth (ages 10-18)</i>	Roger Houghton
<i>Hospitality</i>	Joy Schindel
<i>Music</i>	Michael Beer
<i>Outreach/Mission/Ecumenical</i>	Angela Schneider
<i>Parish life, including the Men's Group, Golden Girls, retreats, young adults</i>	Carmen Bleicher
<i>Stewardship/Finance</i>	Graham Pearce
<i>Worship</i>	Sue Morris

50 Years with Emmaus

The Church of the Ascension moved to our present location in 1970 as guests of the Lutheran **Emmauskirche** in residential Harlaching.

The first service was held here in November 1970 – just 50 years ago this year. We are therefore planning a weekend of celebrations together with Emmauskirche on October 10th/11th

We are hoping to have a concert event in the Parish Hall on the Saturday evening and a joint service with the Lutherans on the Sunday.

Watch this space for further news!

Closing words...

The editorial team and the vestry wish you all a blessed Easter. Until we can meet again in person to really celebrate, may this prayer give comfort and hope:

God of the present moment, God who in Jesus stills the storm and soothes the frantic heart; bring hope and courage to all who wait or work in uncertainty.

Bring hope that you will make them the equal of whatever lies ahead.

Bring them courage to endure what cannot be avoided, for your will is health and wholeness; you are God, and we need you.

This we pray in Christ our Lord.

Amen.

(A Prayer from Episcopal Relief & Development)

Imprint / Impressum

Editor: Sue Morris

Assistant Editors: Dee Pattee, Mitchell Woodard

Layout: Roger Houghton and Paul Houghton

Please help us to fill the magazine with the life of the church and send any ideas or contributions for the next issue of Ikon to the editor for consideration: sue.morris@web.de

Please note ...
if you want to have anything announced during the church service or in the bulletin, you will need to run it past Fr. Allan for approval, or - if he is not available – the Senior Warden, Janet Day-Strehlow.

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The Church of the Ascension is an Anglican/Episcopal Church in the Convocation of Episcopal Churches in Europe, a member of the worldwide Anglican Communion.

We extend a warm welcome to all!

Our Purpose and Mission

We offer worship in English, serving Greater Munich and the surrounding area. We welcome people of all nationalities to join our community and share in our journey towards a deeper knowledge of God as revealed in Jesus Christ.

We seek to

- Proclaim the Good News of Jesus Christ by word and deed
- Celebrate God through beautiful and meaningful worship
- Minister to one another through worship, fellowship, Christian education and pastoral care
- Care for people in the wider community through outreach projects, both alone and together with others