

Ascension

Catholic Church

April / Abril
5, 2020

*Abide in Me & Go Forth
Permanece en Mí y Sigue Adelante*

Lent ~ Cuaresma 2020



*Ascension Catholic Church is a vibrant, Franciscan inspired Christian Community
dedicated to proclaiming the Gospel through word, worship and service. – Mission Statement*

743 SE 76th Ave.
Portland, OR 97215

OFFICE HOURS: Tuesday through Friday 9a.m.-3p.m.

Phone: (503) 256-3897

Fax: (503) 257-4681

Website: www.ascensionpdx.org

E-Mail: receptionist@ascensionpdx.org



Find us on:

facebook

Ascension Catholic Church PDX

PASTORAL COUNCIL MEMBERS:

Chair – Darla Black

Daniel Gomez, Anne Martin,

Adriana Nava, Virna Ocando

*The Pastoral Council meets the Second Saturday of
each month from August through June.*

FAITH FORMATION / CATECISMO

English - Sundays

9:00a.m-10:00a.m. Grade K to 8

12:15pm – 1:30pm Adults

Español – Martes

7:00pm – 8:15pm

MASS SCHEDULE - HORARIO DE MISA

Saturday Vigil –Sabado Vigilia

5:00p.m.(English)

7:00p.m. (Español)

Sunday - Domingo

8:30a.m. (English)

10:30a.m. (Bi-lingual)

12:30p.m. (Español)

Weekdays – Entre Semana

Tuesday, Wednesday & Friday: 8:30a.m.

Thursday: 12:00p.m.

Holy Days: 7am, 12pm, 7pm (Bilingual)

ADORATION / ADORACION AL SANTISIMO:

Tuesdays: 9:00a.m. - 7:30p.m ~

Martes de 9:00a.m. a 7:30p.m

RECONCILIATION / CONFESIONES:

Tuesdays: 6:00p.m. - 7:30p.m., or by appointment.

Martes de 6:00p.m a 7:30p.m., o con previa cita.

EMERGENCY PHONE NUMBER – NUMERO DE EMERGENCIA:

971-220-5764 - Only for emergencies requiring an
anointing (for example if someone is near death).

Solo para emergencias requiriendo unción(santos oleos)

Welcome / Bienvenidos!

April / Abril 5, 2020

Palm Sunday ~ Domingo de Ramos

Reading I: Isaiah 50: 4-7

Reading II: Philippians 2: 6-11

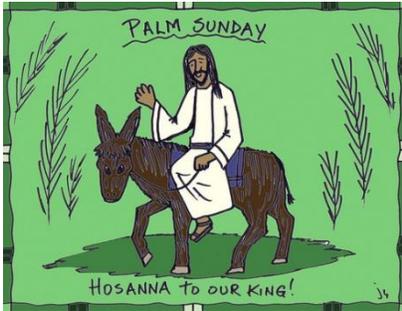
Gospel: Matthew 26: 14-27: 66

We Invite You to Read Next Sunday's Readings: April 12, 2020

Reading I: Acts of the Apostles 10:34a, 37-43

Reading II: Colossians 3: 1-4

Gospel: John 20: 1-9



PARISH STAFF / PERSONAL PARROQUIAL

Pastor

Fr. David Jaspers, x11

djaspers@archdpx.org

Administrative Assistant

Ely Guerrero

receptionist@ascensionpdx.org

Business Manager

Veronica Aguilar, x13

vaguilar@ascensionpdx.org

Hispanic Ministry-Ministerio Hispano

María Solís, Director, x17

msolis@ascensionpdx.org

Maintenance

Paulo Gomez

Music Ministry

Sr. Celeste Clavel, OSF, Music Director, x18

cclavel@ascensionpdx.org

Pastoral Associate

Sharon Grigar, x21

sgrigar@ascensionpdx.org

Youth, Young Adult & Outreach Coordinator

Ruth López-Pérez, x14

rlopez@ascensionpdx.org

Marriage & Wedding Preparation (Bodas) –

Contact Sharon Grigar or María Solís at least 6 months in advance and before making reception arrangements.

Comuníquese con Sharon Grigar ó María Solís por lo menos 6 meses antes y antes de hacer arreglos para la recepción.

Marriage Annulments / Anulaciones –

Contact Sharon Grigar x21

St. VINCENT DE PAUL FOOD PANTRY HOURS

Wednesdays 5pm-6:30pm & Thursdays 2pm-3:30pm

(The entrance is located on 76th Ave.)

IMPORTANT CRISIS NUMBERS

Alcohol and Drug Youth Line: 503-244-1611

Archdiocese Director of Child Protection

(Cathy Shannon): 503-233-8302

Franciscan Province Pastoral Outreach Coordinator (clergy abuse):

(Angelica Jochim, MFT) 1-800-770-8013

Portland Women's Crisis Line: 503-235-5333

PARISHIONER EMERGENCY FINANCIAL ASSISTANCE –

ASISTENCIA FINANCIERA PARA MIEMBROS DE LA PARROQUIA

503-256-3897, x21

THIS WEEK // ESTA SEMANA...

ATTENTION ~ ATENCION:

OFFICE CLOSED TO PUBLIC ~

LA OFICINA ESTA CERRADA AL PUBLICO

Staff is primarily working from home & will check emails & voicemails remotely

El personal esta trabajando principalmente desde sus casas y revisaran los correos electrónicos y los mensajes de voz de forma remota



Share - Comparte:

Your needs with us via email -
Tus necesidades por email
receptionisteascensionpdx.org,
or phone - o Telefono
503-256-3897



Pray from your heart. - Ora desde tu Corazon
Check out our facebook and
website for prayer resources - Revisa nuestra
pagina de Facebook y nuestra pagina de
internet para recursos de oracion



Listen to the Governor

- Obedece a la Gobernadora:
Stay Home & Saves Lives
- Quedate en Casa y Salva Vidas



Pay attention to how you are feeling.

- Pon atención a como te sientes
Take good care of yourself and your
family -
Cuidate bien a ti mismo y a tu familia



Be creative - Se Creativo

Think of new ideas and activities to stay
physically healthy and spiritually whole -
Piense en nuevas ideas y actividades para
mantenerse físicamente saludable y
espiritualmente completo



Take time to count your blessings -
Tómese el tiempo para contar sus
bendiciones

*Our Dear Fr. Jaspers,
We appreciate your faithfulness
and wish you the very best of birthdays.
May you have many more as you continue
to serve the Lord in the ministry He has given you.*



OUR PASTOR'S BIRTHDAY

*Nuestro querido Padre Jaspers
Agradecemos su fidelidad
y le deseamos lo mejor en su cumpleaños.
Que cumpla muchos más mientras continúa sirviendo
al Señor en el ministerio que le ha dado.*

Palm Sunday

Blessings! How are you doing? How's the level of peace in your heart and in your home? Peace level high? Peace level low? My first spiritual director at seminary used to say: "Name it, claim it, and let the Lord redeem it." Naming our joys is a way to praise God. Naming our anxieties and the roots of that anxiety exposes them to the light. A good practice is to write down the anxious thought and then to write down the fuller truth; for example, "I feel overwhelmed." Then we write down the truth: "I don't have to do everything and no one is expecting me to." A book that could be helpful during these days is called *Feeling Good: The New Mood Therapy* by Dr. David Burns. It has many insights and concrete activities to help.

This is also a time for greater prayer: devotional prayer (Rosary, Divine Mercy, Litanies, Novenas, etc.), prayer and meditation with Scripture (Lectio Divina, etc.) and silent prayer. What is the Lord doing in your heart during these days? What have you been learning about your relationship with God?

Finally: Use of internet and media. Thankfully, we can stay connected through phones and the internet. Many people have shared stories of re-connecting with friends and family. Praise the Lord! Parents have increased screen time limits, especially for educational purposes or when parents might need a mental health break, so to speak. All that said, I encourage you occasionally to limit screen time and internet. Screen time and texting becomes addictive. We develop this constant anxiety of when will we hear the next news or from such and such person. Choose a day of the week or for an entire afternoon or morning to just say no technology. When we come out of this, we will have a better sense of how to effectively use technology, but we also want to be careful not to be enslaved to it. It becomes a challenge to hear God when we are constantly plugged in.

Keep up the good work! I'm thankful for all who have shared the joys and blessings of this time.
In Christ,
Fr. Jaspers
P.S. We'll save some blessed palms and put some out.

United in Prayer,
Fr. Jaspers

Orando el Uno por el Otro

Bendiciones ¿Como estan? ¿Cómo esta el nivel de paz en sus corazones y en sus hogares? Nivel de paz alto? ¿Nivel de paz bajo? Mi primer director espiritual en el seminario solía decir: "Nómbrale, reclámalo y deja que el Señor lo redima". Nombrar nuestras alegrías es una forma de alabar a Dios. Nombrar nuestras ansiedades y las raíces de esa ansiedad las expone a la luz. Una buena práctica es escribir el pensamiento de ansiedad y luego escribir la verdad más completa; por ejemplo, "me siento abrumado". Luego escribimos la verdad: "No tengo que hacer todo y nadie espera que lo haga". Un libro que podría ser útil durante estos días se llama *Feeling Good: The New Mood Therapy*, del Dr. David Burns. Tiene muchas ideas y actividades concretas para ayudar.

Este es también un tiempo para una mayor oración: oración devocional (Rosario, Divina Misericordia, Letanías, Novenas, etc.), oración y meditación con las Escrituras (Lectio Divina, etc.) y oración silenciosa. ¿Qué está haciendo el Señor en tu corazón durante estos días? ¿Qué has estado aprendiendo sobre tu relación con Dios?

Finalmente: uso del internet y de los medios. Afortunadamente, podemos estar conectados a través del teléfono e internet. Muchas personas han compartido historias de volver a conectarse con amigos y familiares. ¡Alabado sea el Señor! Los padres han aumentado los límites de tiempo de pantalla, especialmente con fines educativos o cuando los padres pueden necesitar un descanso de salud mental, por así decirlo. Dicho todo esto, te invito de vez en cuando a limitar el tiempo de pantalla e internet. El tiempo de pantalla y los mensajes de texto se vuelven adictivos. Desarrollamos esta ansiedad constante de cuándo escucharemos las próximas noticias o cosas por el estilo de alguna persona. Elija un día de la semana o una tarde o mañana completa para simplemente decir que no hay tecnología. Cuando salgamos de esto, tendremos una mejor idea de cómo usar la tecnología de manera efectiva, pero también queremos tener cuidado de no ser esclavos de ella. Se convierte en un desafío escuchar a Dios cuando estamos constantemente conectados.

¡Sigamos con el buen trabajo! Estoy agradecido por todos los que han compartido las alegrías y las bendiciones de este tiempo.

En Cristo,
Padre Jaspers
PD guardaremos algunas palmas benditas y las pondremos afuera de la iglesia.

Unidos en Oración,
Padre Jaspers

Mass Intentions



If you would like to have a mass said for the intention of a loved one that has passed or who is living, please contact Ely in the Parish Office.

Si gusta una misa por la intención de un ser querido que falleció o que aun vive, comuníquese con Ely en la Oficina de la Parroquia.

MASS INTENTIONS WILL STILL BE OFFERED DURING OUR 9AM VIRTUAL MASS

Sunday, April 5	9:00am	✠ Calvin Westhusing
Tuesday, April 7	9:00am	✠ Harold Kilburn
Wednesday, April 8	9:00am	✠ Jesus Ramirez Cortez
Thursday, April 9	9:00am	
Friday, April 10	9:00am	
Sunday, April 12	9:00am	✠ Maria de Jesus Garcia



Prayers / Oraciones

In thanksgiving for the life of: *Celestina Carranda & Harold Kilburn*

PLEASE PRAY FOR our ill parishioners & family members:

Irene Acker, María Alvarado, Marco Antonio Anaya, Barbara Barney, Hank Bonaduce, Brad Booth, Naomi Brambila, Maureen Cassidy, Tim Coleman, Bob Douglas, MaryLou Dove, Ron Dove, Don Emmons, Pat Emmons, Emily Faris, Pat Fellers, Virginia Feininger, Jack Fisher, Kim Fisher, Naftali Garcia, Linda Gerber, Kai Guyette-Schade, Craig Harris, Chris Harris, Harry Heitzman, David Heitzman, Terra Hemmert, Shannon Hennrich, Fr. Ben Innes, José Iniguez, Harold Kilburn, Glenn Kloster, Bert London, Gary Marino, Bob Martin, Binh Ngo, Tina Nguyen, Kathy Nguyen, Roberto Pacheco, Gerald Peterson, Julio Piña, Gloria Portillo, E. Javier Rangel, Mario N. Rangel, Beau Reynolds, Rudi Riedel, Don Rose, Abraham Sarmienta, Donald Shita, Robert Sirianni, Eleanor Sudan, Kathy Sudan, Kim St. Jacques, Mary Sanchez, Rosa María Santos, Tim Smith, Dennis Sykes, Silvia Toppila, Anita Trachsel, Celia Valle, Maria Isabel Valle

If you know of someone in our Ascension community in need of our presence or prayers, please give Ruth Lopez a call at our Parish office

Ruth Lopez: rlopez@ascensionpdx.org

AYM



All youth classes, groups, and activities are canceled until further notice.

I invite youth, sponsors, and parents to take this time to teach about the faith. Pray for the world, for the sick, the workers and those who are healthy so that we remain in communion with our brothers and sisters in Christ.

Todas las clases, grupos y eventos de jóvenes están canceladas hasta nuevo aviso.

Les invito a jóvenes, padrinos y padres de aprovechar este momento para instruir la fe. Recen en familia, oren por el mundo, los enfermos, los trabajadores, y los saludables para todos podamos estar en comunión con nuestros hermanos y hermanas en Cristo.



UPDATE

Thanks to all the coordinators and guests that worked and supported this year's Spaghetti Dinner.

Preliminary Net: \$6,858.60

Totals will continue to get updated as we continue to receive expense reimbursement forms from different vendors and event coordinators.

Special Offering

Holy Week Special Collection Postponed

The collection normally taken during Holy Week to support the churches in the Holy Land, will be postponed until the weekend of Sunday, September 13, 2020.

Ascension SVDP FOOD PANTRY is open:
 Wednesdays from 5pm to 6:30pm
 Thursdays from 2pm to 3:30pm
 Receive a free food box once a month;
 no reservation needed...just show up at the entrance on SE 76th Ave. and SE Yamhill St

El almacén de comida de SVDP de la Ascensión está abierto:
 Miércoles de 5pm a 6:30 pm
 Jueves de 2pm a 3:30 pm
 Reciba una caja de comida gratis 1 vez al mes;
 no se necesita reserva ... solo preséntese en la entrada de la Ave 76th y SE Yamhill.

WORSHIP

We Gather for Word, Worship, Community

“Therefore, we who are receiving the unshakable kingdom should have gratitude, with which we should offer worship pleasing to God in reverence and awe.” Hebrews 12: 28-29

“Pope Francis entrusted to Jesus’s mother the suffering and anguish of millions of people affected by the coronavirus pandemic.

In a video message broadcast March 11, the pope prayed before a portrait of Our Lady of Divine Love, beseeching her to “not disdain the entreaties of we who are in trial” but to “deliver us from every danger.” “We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus’ pain, keeping your faith firm,” the pope prayed. “You, Salvation of the Roman People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy & to feasting after this time of trial.”



HOLY WEEK & EASTER

All Public Masses and Activities are cancelled until after Easter and until further notice.



WORD

We Gather for WORD, WORSHIP, COMMUNITY

Lenten Bible Study

Presented by Fr. Jaspers

Check out our facebook page
Ascension Catholic Church PDX
or website

AscensionPDX.org
for two of the four bible studies!



Baptism Preparation Class

for Parents & Godparents & “Expecting Parents”

The Preparation class was scheduled for
6:30pm on Thursday, April 16
for Baptisms Sunday, April 19th

This is cancelled! Check back for update.



Children’s Sunday-School:

No Classes Until Further Notice Please continue to pray with your child daily and read the Sunday Mass scripture readings.

Gathering: COMMUNITY

We Gather for WORD, WORSHIP, COMMUNITY

Cancellations: Easter-Egg Hunt

Tentative Cancellation:

82nd Ave. of Roses Parade



Fresh Produce Boxes available to order on-line for \$25 and picked up at Ascension Church on Mondays & Wednesdays. Avoid the crowded stores with this no-contact option.

Cajas de productos frescos están disponibles por \$25 para ordenar en línea y ser recogidas en la Ascensión los lunes y miércoles. Evite las tiendas abarrotadas con esta opción sin contacto:

<http://www.pcfruit.com/produceboxes/>

Sending:

Service, Justice, & Outreach

We are sent out into the world to share God’s love!

Operation Rice Bowl

If you picked up a Catholic Relief Services Rice Bowl, check out the insert for recipes and prayers.

Go to their website for Lenten reflections, activities, cooking videos and Lenten prayers for the whole family.

CRSRICEBOWL.ORG

When you donate to Catholic Relief Services Rice Bowl, even a small offering has the potential to feed many. Jesus fed thousands with a few loaves of bread and two fish. Let us follow his example, committing our 40-day Lenten journey to meeting the needs of our global human family.

Care for God’s Creation

How are you doing on your Carbon Fast?

If you don’t have a Carbon Fast Guide, you can find it on our website for ideas on how to Care for God’s Creation. Sign up to be part of our Ascension Creation Care Team at ascensionpdx.org/socialconcerns

“Oh how beautiful are your ways, O God, the works of your creation. Raise our consciousness to know and feel deeply in our hearts our connectedness to all that is. Instill in us the gift of being co-creators and sustainers of life. Teach us new and unsuspected ways of living so that current and future generations can walk humbly in beauty, love all compassionately, and live justly in solidarity with all creation. Loving and gracious God, give us the courage to seek this transformation of self and society and the strength to see it through. Amen” School Sisters of Notre Dame



A PRAYER SERVICE FOR YOUR HOME



Archdiocese of Washington

1. Set up a Sacred Space

- Gather a few religious items from around your house to make a small prayer space. Consider including:
 - A Bible
 - A candle
 - A Crucifix, Cross, or picture of Jesus
 - A rosary or images of Mary and the saints.
 - Holy Water
 - Paper & pencils for writing prayer intentions
 - If you have children, have them draw pictures of Jesus, or a saint and include their drawing.



2. Begin with the Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit.

R: Amen.



3. Read and Reflect on the Scripture Readings of the Day



You can find the daily readings at usccb.org/bible/readings.

Begin each reading: A reading from...

End each reading: The Word of the Lord, R: *Thanks be to God.*

End the Gospel reading: The Gospel of the Lord, R: *Praise to You, Lord Jesus Christ.*

Watch a Gospel reflection or use these questions to reflect on one of the readings

- Daily reflection: usccb.org/bible/reflections
- Sunday Reflection: youtube.com/washarchdiocese

For Adults:

1. What words, images, or ideas stood out for you in the reading?
2. How do those words, images, or ideas relate to your life right now?
3. What is God saying to you? What is He asking you to do?

For Children:

1. What's happening in this Bible story? What are the people thinking or feeling in this story?
2. How do you see God working in this Bible story?
3. What did you learn from this Bible story?

Prayer Moves Us to Action



As we draw closer to the Lord in prayer, He helps us to see the needs of our brothers and sisters. Who do you see in need?

- Write a thank you note to workers in hospitals, nursing homes, grocery stores, etc. Thank them for working hard to insure health and safety for all of us.
- Send snail mail! Make cards for elderly neighbors or the homebound to brighten someone's day.
- Buy non-perishable food items and drop them off at your local parish or food pantry.

4. Share Prayer Intentions



Consider reading aloud these prayer intentions; then go around and invite everyone present to share a prayer intention.

Leader: Lord, we turn to you with all our hopes and fears, our joys and our sorrows. Hear our prayers, fill our hearts with hope, and grant us your peace.

Leader: For all people of faith, that we may find closeness to God and His Church, even in times of isolation. We pray to the Lord. R: *Lord hear our prayer.*

Leader: For local and world leaders, may God guide them in making decisions for the common good. We pray to the Lord. R: *Lord hear our prayer.*

Leader: For the sick, the vulnerable, the fearful, and the lonely, may God bring them healing, comfort, and peace. We pray to the Lord. R: *Lord hear our prayer.*

Leader: For what else shall we pray? (Allow each person to share a prayer intention, responding after each prayer with: We pray to the Lord. R: *Lord hear our prayer.*)

5. Pray the Lord's Prayer



Our Father, who art in heaven, hallowed be thy name; Thy Kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

6. Pray an Act of Spiritual Communion

An Act of Spiritual Communion by St. Alphonsus Liguori: My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.



7. Closing Prayer



Close with the following prayer of thanksgiving - even in difficult times, we can foster a heart of gratitude!

Lord, we thank you for this time of prayer and for our community of faith who, even in this time of isolation, are drawn together in our continued worship of You. We entrust all our prayers, work, joys, and sufferings to You, Lord Jesus, and ask you to fill our hearts with hope and love. For what do we give thanks?

After everyone has a chance to share, end with:

Leader: Give thanks to the Lord, for He is good
R: *His mercy endures forever.*

Leader: May the Lord bless us, protect us from all evil, and bring us to everlasting life. In the name of the Father, and the Son, and the Holy Spirit. R: *Amen.*

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