

ASCENSION

A Newsletter from the Church of the Ascension

Pray for us *Ruega por nosotros*

Por los enfermos
y los que están
sufriendo de nuestra
comunidad.

For the sick and
suffering in our
community:

Por nuestros amados
difuntos, que
descansen en los
amorosos brazos de
Jesús.

For our beloved
dead, may they rest
in the loving arms of
Jesus.

**For the people of
Veracruz, Mexico,
affected by the
flood** — including the
victims, the missing,
and the thousands
whose lives were
upended.

**Para la población de
Veracruz, México,
afectada por las
inundaciones,**
incluidas las
víctimas, los
desaparecidos
y los miles de
personas cuyas
vidas han quedado
trastornadas.

ANNUAL STEWARDSHIP DRIVE

We are building God's Kingdom together

"Every good and perfect gift is from above" (Jas 1:17). When we use our gifts well — in prayer, service, and generosity — we help build God's Kingdom together. Ascension's stewardship commitment weekend is next weekend, Oct. 25-26. Watch for your letter and form, prayerfully consider your commitments and bring the completed form to Mass or mail it in. **Recognizing that we have been blessed and sharing those blessings makes a real difference in the world.**

Without you, Ascension wouldn't be what it is today: compassionate, loving and welcoming. Acts of service build our community as a sanctuary of peace and justice. Thank you for being a part of Ascension!

Estamos construyendo juntos el Reino de Dios

"Toda buena dádiva y todo don perfecto proviene de lo alto." (James 1:17). Cuando usamos bien nuestros dones —en la oración, el servicio y la generosidad— ayudamos a construir juntos el Reino de Dios. El fin de semana de compromiso con la corresponsabilidad de Ascension es el próximo fin de semana, del 25 al 26 de octubre. Estén atentos a su carta y formulario, consideren en oración sus compromisos y traigan el formulario completado a misa o envíenlo por correo. **Reconocer que hemos sido bendecidos y compartir esas bendiciones marca una verdadera diferencia en el mundo.**

Sin vosotros, Ascension no sería lo que es hoy: compasiva, amorosa y acogedora. Los actos de servicio construyen nuestra comunidad como un santuario de paz y justicia. ¡Gracias por formar parte de Ascension!

Come to a special prayer service during Holy Hour

Join us for Holy Hour 6:30 to 8 p.m. Wednesday, Oct. 22, for a bilingual prayer service for immigrants, refugees and migrants. Along with rosary and adoration, we will reflect on words from Pope Leo, present petitions and pray through song. The service is in response to a call from Network Lobby For Catholic Social Justice to observe the day as a national day of prayer for immigrants, migrants and refugees.

Ven a un servicio especial de oración durante la Hora Santa

Únete a nosotros para la Hora Santa de 6:30 a 8 p. m. el miércoles 22 de octubre, para un servicio de oración bilingüe por los inmigrantes, refugiados y migrantes. Junto con el rosario y la adoración, reflexionaremos sobre las palabras del Papa León, presentaremos peticiones y rezaremos a través del canto. El servicio responde a un llamamiento de Network Lobby For Catholic Social Justice para celebrar este día como día nacional de oración por los inmigrantes, migrantes y refugiados.

We are hiring Early Childhood teachers!

Join our mission! Ascension Catholic Academy is hiring lead and assistant Early Childhood teachers for their growing programs. Our schools are rooted in faith, compassion and a deep commitment to nurturing every child's potential. You'll work alongside talented, caring colleagues who support each other and celebrate growth, both big and small. Plus, you'll have opportunities for ongoing professional development, a welcoming workplace culture, and the chance to genuinely make a difference every single day. We have five Early Learning centers: Ascension, Immaculate Conception, St. John Paul II, St. Pascal Regional and St. Peter Claver. If you're ready to help children build strong foundations for lifelong learning, we'd love to meet you. [Apply now at aca.schoolspring.com](http://aca.schoolspring.com). If you know someone who fits this description, please pass this along to them!

How Catholics Can Accompany the Immigrant Community

Come hear from experts and organizers in the field and learn about how your parish can help in these unprecedented times. The Catholic Racial Justice Coalition of the Twin Cities is organizing the event. They hope this time can be a space to share with others best practices, ideas, invitations, and opportunities for collaboration. It is 8:30 to 11:30 a.m. Saturday, Nov. 1, in the Rauenhorst Ballroom, St. Catherine University, 2004 Randolph Ave. St. Paul. Breakfast is included. Registration required: ccf-mn.org/crjc/registration/

The Catholic Racial Justice Coalition of the Twin Cities is made up of the area's largest Catholic organizations working collaboratively to build just relationships, heal the wounds created by racism and discrimination, and contribute to ending racial injustice within our communities and collective Catholic organizations.

Bake Sale at St. Maron's church

Experience the vibrant flavors and rich culture of Lebanon. Don't miss the Annual Bake Sale:

Saturday, Nov. 8 • 11 a.m. to 5 p.m.

Sunday, Nov. 9 • 9 a.m. to 12 p.m.

Preorders needed by Saturday, Nov. 1. Preordering ensures your items will be available.

Go to stmaron.com for menu of items available and to place an order. St. Maron Church, 602 University Avenue NE, Minneapolis



Grief support group offered

Guardian Angels Catholic Church has an ongoing group that supports Catholics dealing with loss. The group meets in person from 12:30 to 2 p.m. Mondays at Guardian Angels, 8260 4th St. N, Oakdale. Questions? Call Terry, 651.789.3181.

First Aid for people with Epilepsy

One in 10 people will experience a seizure in their lifetime, and 1 in 26 will be diagnosed with epilepsy. People with epilepsy are often unable to drive, and have disparities in employment, healthcare and a higher rate of death in incarceration. People of color, particularly Hispanics, are the most impacted.

Seizure First Aid is simple, yet can be life-saving. It makes spaces safer, more inclusive, and accessible.

Want to help? Free online, easily accessible, self-paced courses on Seizure First Aid are available in both English and Spanish.

[English Seizure First Aid](http://EnglishSeizureFirstAid.com/collections) or go to learn.epilepsy.com/collections.

Ayuda a las personas con epilepsia

Una de cada diez personas sufrirá una convulsión a lo largo de su vida, y una de cada veintiséis será diagnosticada con epilepsia. Las personas con epilepsia a menudo no pueden conducir, sufren desigualdades en el empleo y la atención médica, y tienen una mayor tasa de mortalidad en prisión. Las personas de color, en particular los hispanos, son las más afectadas.

Los primeros auxilios para convulsiones son sencillos, pero pueden salvar vidas. Hacen que los espacios sean más seguros, inclusivos y accesibles.

¿Quiere ayudar? Hay cursos gratuitos en línea, de fácil acceso y a su propio ritmo sobre primeros auxilios para convulsiones, disponibles tanto en inglés como en español.

[Primeros auxilios para las convulsiones en español](http://PrimerosAuxiliosParaLasConvulsionesEnEspañol.com) o visite aprende.epilepsy.com.