



LIFE ASCENDING

OUR LADY'S ASCENT GROUP

2025-26

The Parish Ascent Group has been part of “**Life Ascending International**” in the Parish for more than 20 years. The aims of “Life Ascending” are threefold – “**Friendship, Spirituality and**

Mission. Our meeting on June 23rd 2026 was **No 461**.

Friendship - We usually meet on Tuesdays after 10.00am Mass, to chat together, share our news and enjoy a cup of tea or coffee with biscuits or cake. **Everyone is welcome!**

Spirituality - We always pray, but we are not just a Prayer Group. We often read and share Holy Scripture (Lectio Divina); the Sunday Gospel Readings perhaps, but we are not just a Bible Study Group. We often try to sing but we are certainly not a Choir.

Mission – At home in the Parish, we try to encourage more parishioners to help us grow our Catholic Faith, by joining and sharing with us. We also support evangelism overseas.

In September 2025 we were pleased to welcome for the first time Sr. Priscilla of the Missionary Sisters of St. Peter Claver, to teach us “**How to Pray with Scripture**”. Sr. Priscilla came again in April '26 to encourage us in our efforts to pray by sharing Scripture. In February Sr. Annette DMJ had also led a meeting on “**Discipleship through Sharing on St Mark's Gospel**”.

After sharing his amazing and very “**Personal Faith Journey**” with us in 2025, Deacon Vincent returned in early '26 to enlighten us about the need for the “**New Evangelisation**” which has been sought by Popes since Paul VI, and to encourage us to be concerned and to pray for the large numbers of young people in our Deanery who become lost sheep ((Luke 15;3-7)); unfortunately, not just one lost sheep but flocks of lambs every year.

In February 2026 we invited and welcomed a team of local **Bereavement Counsellors** to talk with us and explain how to deal with bereavement and the services they provide.

Back in July 2025 we watched and shared a video on the life of **St. Benedict of Nursia** and resolved to make **another mini pilgrimage**, this time to **Worth Abbey**, for a day of Benedictine Recollection; on May 26th 2026 we travelled south to Crawley.

In March we advertised that we would hold **A Quiz based on our Catholic Faith** and on April 14th, it turned out to be a much longer meeting than usual. It was pure fun and there was a lot of very loud laughter; much amusement at our failure to answer some questions and worse still when we confidently got answers totally wrong. Google helped some, but was it cheating? We never imagined that a quiz could teach us so much and be lots of fun.

- **Gifts of Holy Spirit**; can I score two points instead of 7?
- I used to know all that parrot fashion: No points for forgetting!
- How many Precepts of the Church are there? **What is a Precept?**
- I don't know yet again! This is too difficult! - but two people admitted to thinking that the first Precept was “To Hear Mass on Sundays”. No points for thinking!

- But Google says it is “To Attend Mass”! Can Google change our faith?



LIFE ASCENDING

ASCENT GROUP

“Are you 50 or older with a Tuesday morning to spare and looking for somewhere to deepen and share your faith?”

If you can answer yes to the above questions, the Ascent group may be for you. All human life provides opportunities for growth and development, and the latter part of our lives is no exception. Indeed, there is more time and still much to do. We remain spiritually young. We have a mission to fulfil, friendship to share and receive, and the Ascent Movement exists to enable older people to do just that: to come together in friendship, to deepen our faith and to find a joyful fulfilment through Christian witness.

We meet in the small hall on the second and fourth Tuesday of the month after the 10am Mass.

Over the years, we have offered a varied programme, including:

- A range of speakers give talks on a regular basis.
- Discussions about Scripture passages.
- Using Lectio Divina to deepen our relationship with God.

We also enjoy social gatherings with other Ascent Groups.

For further information, please contact:

pat-stanley@hotmail.co.uk

rpstanley78@gmail.com

or the parish office