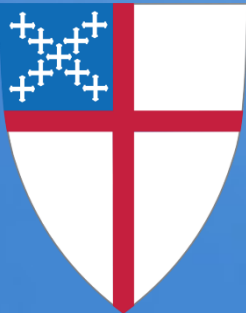
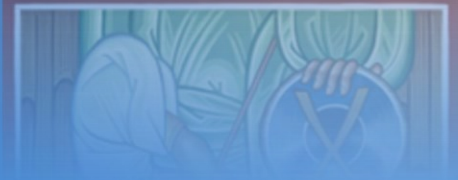


Autumn 2022

# IKON

The Ascension Messenger



Church  
of the  
Ascension  
Munich

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# 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](http://www.ascension-munich.org)

Do also take a look at our Facebook page: [www.facebook.com/ascensionmunich](http://www.facebook.com/ascensionmunich) and our YouTube channel: [www.youtube.com/channel/UC4802rHFcPLNCJxnSGeZ3FA](http://www.youtube.com/channel/UC4802rHFcPLNCJxnSGeZ3FA)

## Clergy

The Rt. Rev. Mark D. W. Edington, Bishop in Charge  
[mark.edington@tec-europe.org](mailto:mark.edington@tec-europe.org)

The Rev. Canon Dan Morrow, Priest in Charge  
[revdanmorrow@ascension-munich.com](mailto:revdanmorrow@ascension-munich.com)

The Rev. Dr. Ali Gray, Priest Associate  
[revaligray@ascension-munich.com](mailto:revaligray@ascension-munich.com)

## Pastoral Care

In a pastoral emergency, contact **Fr. Dan** on his mobile: 0151 5330 8266  
or **Joan Case**: home: 08024 49945 mobile: 0172 825 6425

You can also contact the wardens:

**Janet Day-Strehlow**: mobile: 0170 792 6767  
**George Battrick**: home: 089 688 1151 mobile: 0152 082 93438

## 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 sisters and brothers in Christ,

Last week it seemed to me that we had gone from summer to winter, missing out on autumn. Maybe that is the excuse why this edition is rather late arriving in your letter box. A reminder that the deadline for the Christmas issue is the end of November!

There is a nod to the season in the poem by Frank Topping but looking at the contents page I feel that the overall impression conveyed by this **ikon** is one of gratitude. Specifically, the letter from Clair and the item from the women's retreat, but also many in our congregation have a sense of gratitude when they see how much they have, compared to the people they meet at the Tafel and the soup kitchen.

I am grateful that all those I asked to contribute, willingly agreed to do so, especially to Fr. Dan who wrote his letter despite still suffering from Covid and to Ali who allowed us to publish her sermon used when the late queen was remembered. I am grateful to the angels who looked after me during the retreat!

Talking of angels: Did you know that in the Catholic Church 2<sup>nd</sup> October is the day that guardian angels are remembered? Or that September 29<sup>th</sup> was the feast day of Saint Michael and All Angels. So, as the Revd. Peter Kane writes in his article: angels are "spiritual beings, part of God's invisible creation" and they "point us

to the truth that God is constantly interacting with us, constantly protecting and accompanying us". They are surely never more needed than in these troubling times, to watch over us and to be ever present in our lives.

Fr. Dan's letter is focussed on the importance of community and reaching out to people we haven't met before. As St. Raphael is the patron saint of happy meetings it seemed appropriate to choose an icon of this saint and archangel to grace the cover of our magazine. Happy meetings everyone.

Peace.

*Sue*



I saw the angel in the marble  
And I just chiselled  
Until I set him free.

*Michelangelo Buonarroti*

## Letter from Fr. Dan

Dear Church of the Ascension Family,

As many of you know I spent six weeks this summer taking an intensive German class. I was happy for the opportunity to learn a bit more and gradually improve my communication skills. Like any good class, one of the main components was *Hausaufgaben*, the homework where we put what we learned in class into action. In fact, in several instances, the lessons that we learned in class didn't fully sink in until I did my homework.... it helped me internalize the lessons of the day. So, if you don't mind too much, I want to give you a little homework.

We are now over two full years into a protracted global pandemic. We've spent hours and hours at home, weeks and months locked away; we've thought we were returning to normal just to have a new normal foisted upon us. We sheepishly returned to restaurants and social gatherings, things are starting up again and much of the worst of this thing seems to be behind us. But I sometimes wonder how much of this pandemic will remain with us? I wonder how much of the social isolation, the loneliness, the general fatigue and the social mistrust will remain with us? Even if some of this does stick around, it doesn't change the fact that we need each other. We can be suspicious of crowds and still long for the days when we hung out in crowds without worrying.

So here's the thing. One of our core Christian beliefs is that we are made for community. We believe that there is no such thing as a solitary Christian... that Christianity is a team sport. We believe that life and love and meaning are made in community. We believe that the Holy Trinity, one of our central doctrines, teaches us that community and unity are the very nature of God. Community is important.

At the same time, research tells us that communities across the globe are suffering. As people have the opportunity to emerge out of social isolation, remarkably, they are remaining somewhat isolated. Attendance in clubs, social events, charitable groups, and team sports are still down drastically. Attendance in church is down across the board, in every denomination and in every country of the globe. So how do we respond to these two truths... the truth that we need each other and that we are still feeling a bit isolated?

Here's the answer that Methodist pastor Rebekah Simon-Peter gives, one that I agree with:

*"I believe that the church, in addition to being spiritually focused and service-oriented, needs to be a lot more socially minded. Here's my thinking: Social connections create a sense of belonging. A sense of belonging leads to emotional and*

*relational stability and provides an ingredient essential to the formation of spiritual community: trust. Trust is built by the hard work of honesty, vulnerability, celebration, and accountability. In addition to trust, belonging and stability are the blessed results of living in true community.”*

So here's your homework: Invite someone from church to coffee or to lunch. Ask someone from church if they'd like to have dinner or go to the museum. Make it a group trip.

If you see someone new at church, introduce yourself and invite them to join you in coffee hour. Invite a group of the young people from church over to your house for dinner, or invite a few elderly people over for tea.

If someone is new at church, and new in town, take them to some of your favorite places. These are just a few ideas, but I am genuinely asking you to help us exit the pandemic mindset of isolation and reenter the mindset of building community.

Pray and ask God to help you know how you can help build our community of faith.

Much peace and many blessings,



Dan+

## Harvest Time

At this time of year  
churches and chapels  
are so filled with the fruits of harvest  
that ministers must tread carefully  
across overflowing sanctuaries.  
Communion rails and altar steps  
are festooned  
with flowers, hops and ferns.  
Choir stalls rise  
above hills and pyramids  
of apples, pears, and tomatoes.  
Cucumbers are positioned  
with green-fingered pride  
beside the bread shaped as sheaves of corn,  
for it is time to be the thankful.  
As farmers look at fruits of fields  
and gauge its worth,  
so I must consider my harvest -  
the harvest of days and years -  
the harvest of time.  
Taken in all,  
it has been good.  
There have been doubts and fears,  
mistakes, and pain,  
but they have withered  
overcome by deep-rooted trust,  
overshadowed by the blossom  
of laughter  
and friendship.  
Like the farmers, I've been known to complain,  
yet, through all the disappointments,  
the harvest of the years  
has been rich in experience and love.  
Lord  
your harvest  
is the harvest of love;  
Love sown in the hearts of people;  
Love that spreads out  
like the branches of a great tree  
covering all who seeks its shelter;

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Love that inspires and recreates;  
Love that is planted in the weak and weary;  
The sick and the dying.  
The harvest of your love  
is the life that reaches  
through the weeds of sin and death  
to the sunlight of resurrection.  
Lord,  
nurture my days with your love,  
water my soul with the dew of forgiveness,  
that the harvest of my life  
might be your joy.

*Frank Topping in: Lord of Time. Published by Lutterworth Press, 1985.  
Reprinted with permission of the author.*





## Angels

*This letter was written by the Revd. Peter Kane, Priest in Charge at St. Botolph's Church in Worthing, England. It is gratefully reprinted with permission.*

Dear Friends

Many years ago, the pop group Abba had a well-known hit which included the phrase, "I believe in angels, something good in everything I see". A search on the internet reveals that there are certainly plenty of people today who believe in the existence of angels. But the key question is "What precisely do they believe *about* angels?" There are a whole host of weird and wacky ideas floating around about how you can get in touch with angelic beings or connect with your guardian angel – most of which are put forward by peddlers of "new age" spirituality.

The thing is, all of these views about angels tend to fall into the category of folk religion. They're very different from what the Bible and Christian tradition reveal to us about the *true* nature and purpose of angels. Because when we consider what the Bible has to say about angels, we find that their primary purpose is to be messengers of God.

The Greek word "angelos" from which we get "angel", literally means "the one who is sent". They are spiritual beings who serve as intermediaries between God and humankind. They speak for God when they are sent by him to communicate and connect with

the human race. And so just in the four Gospels, we have, for instance, the angel Gabriel announcing the birth of Jesus to Mary, and at the resurrection we have the angels explaining to the perplexed disciples the significance of the empty tomb.

At particular times angels are made manifest to human beings for specific purposes. And, incidentally, they don't necessarily have wings – as they are so often portrayed with in Christian art and hymns; in fact, the biblical record tends to describe them in a rather more simple way, without any elaboration.

One of the most prominent angelic figures, mentioned in three biblical books (Daniel, Jude and Revelation), is the archangel Michael; he is described as the great prince and protector of the people of Israel, as well as the one who (with his angels) will defeat the devil at the end of time.

So, angels are spiritual beings, part of God's invisible creation. They are not to be worshipped as though they *are* God; rather, they are beings created by God. Angels remind us of the ongoing interaction between the earthly and the heavenly realms, between the physical world of solid

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matter and the divine world that is beyond human perception and thought.

They point us to the truth that God is constantly interacting with us, constantly protecting and accompanying us.

I wonder in what ways *we* experience God speaking to us? It may be from within, possibly through a sudden insight or a dream. Or it may be through other people.

God communicates with each person differently, as each one of us is unique in his sight. And when this happens, we realise that we have been touched with the divine.

And key to all this is our personal prayer life. As we draw nearer to the Lord in prayer, we develop a greater awareness of how he speaks to us.

So, as we celebrate the Feast of St Michael and All Angels (Michaelmas) on 29<sup>th</sup> September, we're reminded that angelic beings point us to the mysterious ways in which God meets us in the daily moments of our lives.

We are assured, too, that we have the Lord's presence with us, guiding and protecting us as we continue on our journey through life.

With every blessing  
Peter



## Thank you, Church of the Ascension!

Thank you for the amazing gathering on June 26, 2022 to celebrate my professional contribution as Priest Associate over the last eighteen years.

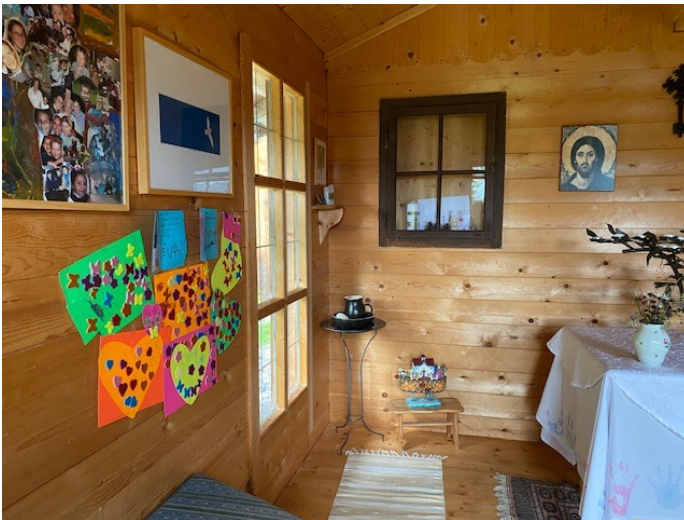
Thank you to Dan Morrow for his kind words, thank you to Liz Wink and her team for the food and drink, thank you to Steve Knowles for helping with the video, thank you to the choir and Jeff Leipsic's original "Madrigal to Clair", and thank you to the Golden Girls and the song Angela created entitled, "Clair's Way With Golden Girls, Yes, she did it God's way!"

Thank you to Janis Wiedemann, Jill Thomas, and Liz Wink for the "Photo Booth" complete with props and good humor.

Thank you to Carol Adeney for the memory book of our time at Ascension and to all her contributors. Thank you to the children who gifted me with the most beautiful and colorful artwork that now grace our chapel in Mühlbach.

Thanks to each of you for your prayers, support, encouragement, friendships, laughter and joy. Thank you for being such an integral part in my formation over the years. You have trained me well and now I can continue with faith my calling where Rainer and I live through the Chapel of the Holy Family.

Our years with you will always be a lasting highlight of my ministry. You are imprinted in my heart.



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An Irish Blessing for you:

May the road rise up to meet you  
May the wind be at your back  
May the sun shine warm upon your face  
May the rain fall soft upon your field.

May this world and all its wonders  
Be a home to all humanity  
May the people find a common purpose  
May we help one another to survive.

And until we meet again  
May God hold you  
In the palm of his hand.

Blessings and love,  
*Clair with Rainer*



To love for the sake of being loved is human  
but to love for the sake of loving is angelic.

*Alphonse de Lamartine 1790-1869*

## May the late Queen Elizabeth II rest in Peace

*On Saturday 17<sup>th</sup> September our Priest Associate, the Revd. Ali Gray, delivered a sermon at the Memorial Service for Her late Majesty Queen Elizabeth II. This is reprinted here with permission*



I wonder who here had met the Queen?

I have spent the week asking people for their royal stories and I heard again and again of the joy of meeting her, people's admiration for her life of duty and service, and the delight of seeing her enjoy herself in the films with James Bond and Paddington Bear.

Few of us have met the Queen, Although one parishioner who shall remain nameless said

"Oh no, I've never met the Queen.... but I did use to see Prince Philip quite often when we were in Scotland, he was a friend of our

friends." She could clearly tell me a story or two about Prince Philip, but was far too discrete to do so...

Few of us have met the Queen, and even fewer have met her off duty, personally. She was always very careful to be apolitical, not taking sides in any debate, setting aside her own ego, her opinions, her own needs, to be of service to her people. She did share something of her life and faith with us in her Christmas broadcasts.

Few of us have met the Queen, and yet our lives have been touched by hers; I was seven when, as a brownie Guide, I first promised to serve the Queen.

I promise that I will do my best  
To do my duty to God  
To serve the Queen  
And help other people  
and to keep the Brownie Guide Law.

Duty and Service are two themes which have been repeated over and over again in conversations and in the coverage of Her Majesty's life, her strong sense of her God appointed duty as Monarch, and her commitment to serve the peoples of her nations and the Commonwealth, no matter the personal cost.

I would like to also highlight a third theme, that of reconciliation – of restoring relationships.

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Queen Elizabeth was a great bridge builder; she recognised the great importance and value of forgiveness and reconciliation.

In 1976 she said “The gift I would most value next year is that reconciliation should be found wherever it is needed. A reconciliation which would bring peace and security to families and neighbours at present suffering and torn apart. Remember that good spreads outwards and every little does help. Mighty things from small beginnings grow as indeed they grew from the small child of Bethlehem.”

The young Princess Elizabeth never expected she would one day become queen. True she was third in the line of succession to the throne, but her uncle was expected to marry and have children of his own, so as a child she grew up with much less of the intense pressure and scrutiny which later came her way.

As a child I would have liked to be a Princess, living in a castle, travelling in a golden coach, with lots of people to bring me food and do my homework, but as an adult I can see that the need to be always on duty, the lack of privacy, endless small talk with strangers and always this smell of fresh paint... It would be almost intolerable – more like a golden prison.

Following the abdication of Edward VIII, Princess Elizabeth reconciled herself to her changed expectations of one day being Queen, with all the joys and all the restrictions that would bring.

On her 21<sup>st</sup> birthday she gave a speech from Cape Town, where she said “I declare before you all that my whole life whether it be long or short shall be devoted to your service ... God help me to make good my vow, and God bless all of you who are willing to share it.”

You might think these were the words of a young naive girl, but on her silver jubilee she

reaffirmed her commitment to duty and service. “Although that vow was made 'in my salad days when I was green in judgement'," she told the Guildhall on her Silver Jubilee, “I do not regret or retract one word of it.” and Her Majesty lived out that commitment wonderfully, every day of her life, to the end.

In Christmas 1952, shortly before her coronation, she requested “Pray for me ... that God may give me wisdom and strength to carry out the solemn promises I shall be making, and that I may faithfully serve Him and you, all the days of my life.”

The coronation itself was marked by the sale of vast numbers of television sets, but there was one moment which the Queen felt was too sacred to be broadcast. This was the moment when she was prayerfully anointed with oil, consecrated for her holy work as Monarch, anointed with oil just as biblical Kings and priests were, invoking the Holy Spirit upon her. Her Majesty said that at this moment she felt "Great Peace."

Queen Elizabeth had a strong, important personal faith, which she spoke about more and more openly, as the years passed. She was deeply committed to God in Jesus Christ.

“I know just how much I rely on my faith to guide me through the good times and the bad,” she said in 2002, following the death of her younger sister and her mother. “Each day is a new beginning. I know that the only way to live my life is to try to do what is right, to take the long view, to give of my best in all that the day brings, and to put my trust in God. ... I draw strength from the message of hope in the Christian Gospel.”

In many situations around the world the Queen followed Jesus' pattern in seeking to bring reconciliation, she was not afraid to cross boundaries.

She was the first British Monarch to travel to Germany since the first world war. In 1965 she visited much of the country, she helping to restore Anglo-German relations; looking back on this tour a modern German commentator writes:

"For 11 days, Germany had a Queen and afterwards, Germans simply decided to keep her. At least in their hearts: A traditional yet modern woman, who had married for love, with a Prussian sense of duty, a mischievous sense of humour, integrity, impartiality, dignity – veiled in royal mystery."

In May 2011 she became the first British Monarch to visit the republic of Ireland, and did much to change hearts and minds by speaking a few words in Irish Gaelic and shaking hands with an Irish Republican Army leader turned politician.

Such acts of reconciliation matter.

That Christmas she said "Forgiveness lies at the heart of the Christian faith...It can heal broken families, it can restore friendships and it can reconcile divided communities. It is in forgiveness that we feel the power of God's love."

Queen Elizabeth was Supreme Governor of the Church of England (so as a CofE priest she was my boss), but she didn't see this as a narrow or exclusive role, she supported all religions and called for harmony and reconciliation between faith groups, she was the first British Monarch to visit a Roman Catholic church in 400 years, and she visited Mosques, Sikh Gurdwara, and a Hindu temple.

She said "For me, the life of Jesus Christ, the Prince of Peace, whose birth we celebrate today, is an inspiration and an anchor in my

life. A role-model of reconciliation and forgiveness, he stretched out his hands in love, acceptance and healing. Christ's example has taught me to seek to respect and value all people of whatever faith or none."

You only have to look at shots of the queue waiting to pay their final respects at Westminster Abbey to see that she was a unifying figure across the different faiths and communities. Such a queue – we always knew us Brits had a thing about queuing, but wait times this morning are now at least twenty-four hours, twenty-four hours steadily walking, a pilgrimage to pay homage to Our Queen and pray for her and the Royal Family.

The Christian faith is all about reconciliation, about mending broken relationships, between nations and communities, between people, between individuals and God, and a reconciliation within the individual person – recognising and accepting who you are, your strengths, as well as your faults and weaknesses, then asking God for God's power to change and grow more like Christ.

God was in Christ reconciling the world to himself.

Queen Elizabeth followed Jesus by reaching out in friendship to former enemies, to people of other faiths, and to distanced members of her own family.

The Royal "Annus Horribilis", the terrible year of 1992, saw a series of scandals and ended with three of her children's marriages in tatters, and a damaging fire at Windsor Castle. That must have been very painful to her, but she remained quietly dignified and slowly rebuilt damaged relationships.

Even in the face of the intense outpouring of public grief following the sudden death of Princess Diana in 1997, she sought to do her

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duty by comforting her son and grandsons first, before speaking in public.

She was misunderstood but did not complain nor explain.

To the end she faithfully served her people, meeting the new British Prime Minister just forty-eight hours before she died.

Queen Elizabeth the Second died peacefully on September the 8<sup>th</sup>, full of years, clear in her mind and surrounded by her family; God grant such a death to us all.

We, with her, put our hope and trust in a God whose love is for everyone, the God whose love is stronger than death, knowing that one day we shall meet our loved ones again.

She shared our eternal hope in Christ Jesus, that God's love will hold us, and never let us go, through this life and into eternity.

In 2013 she said "For Christians, as for all people of faith, reflection, meditation and prayer help us to renew ourselves in God's love, as we strive daily to become better people. The Christmas message shows us that this love is for everyone. There is no one beyond its reach."

God's love is for everyone.

May Her late Majesty rest in peace and rise in glory. Amen.





## Fr. Tom: Rector Emeritus



During the service on September 11th, Father Dan conferred the Honorary Title of Rector Emeritus on the Revd. Tom Pellaton, who was Rector of Ascension from 1997 to 2008.

The tech team made sure that Tom could talk to the Zoomers after the service.

Entering the church wearing the beautifully restored cope.



The gospel reading.



The gospel reading.

**A Universal Prayer for Peace from the Iona Community.**

Lead us from death to life, from falsehood to truth.

Lead us from despair to hope, from fear to trust.

Lead us from hate to love, from war to peace.

Let peace fill our lives, our world, our universe.

Peace, peace, peace.

Amen.

The sermon, much influenced by prayers from Iona.



# Ikon



Not often you have seven priests at the altar...



Not forgetting the 8<sup>th</sup> spotted in the Gemeindesaal.



Happy memories.



A good time was had by all thanks to the hospitality team.

*Photographs provided by Sue Morris, Joy Schindel, Rainer Ullmann & Jo Westcombe.*

## Behind the Scenes: The Soloist

Behind the Scenes has a musical theme again. But before we meet this month's guest it is right at this point to say a big thank you to Michael Wolters who could have been a great candidate for Behind the Scenes. Thank you Michael for the last six years and all the best in your new job.

We hear her voice as she sings from the choir loft, but how much do we know about Tonda Kemmerling?

### **Where were you born and brought up, Tonda?**

I was born in the Northwest of the US in Roseburg, Oregon. We ended up moving around the country several times as my father worked in the wood-products industry. From Oregon we moved to Illinois, then onto Texas, followed by a short stint in Tennessee before we returned to Oregon when I was about eleven years old.

### **Where did you study music/voice?**

I started voice lessons in my sophomore year of high school. After graduating I was accepted into the Voice program at Willamette University in Salem, Oregon where I completed my Bachelor of Music in Voice. The following year I took part in a student exchange in Munich to learn German. I then earned my Master of Music in Vocal Performance at the University of Oregon in Eugene. During my final year there I was accepted to the summer program of the American Institute of Musical Studies (AIMS) in Graz, Austria. Through this program I was connected to Frau Prof. Ena Thiessen and studied privately with her when I moved to Munich.

### **When and why did you come to Germany?**

I first came to Germany as my University offered a year abroad in Munich on a combined program with two other universities in Oregon. I had the requisite two years of German, which had taken a chunk out of my four-year program and left me short one credit to complete my degree. Since I was keen to perform opera, I thought being in Germany would offer more opportunities and the possibility of performing primarily in one location instead of constantly performing at different locations across the United States.

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I met my now former husband during this time, returned to the States to work on my Masters Degree and then moved to Munich.

**And now I will show my ignorance. I thought warming up the voice before singing would be the same for a choir member as for a soloist, but I think I am wrong.**

There are certainly similarities, like using a percussive consonant to get the diaphragm moving and a long exhale on “sss” to work on breath control. Choral warm-ups help a group of singers prepare to sing together. Prof. Thiessen and I worked on several warm-ups and chose what worked best for me as an individual. I use variations on ascending and descending five-note scales, an octave scale that adds a partial arpeggio to extend into my upper register and then a descending five-note scale to go into my lower register to “warm-down”.

**Do you normally choose a piece of music you are going to sing and how much practice do you have to do that the congregation never sees?**

Sometimes I choose what I would like to sing, but more often something is requested. I put in a lot of time on new pieces of music. I’m not the best pianist and often use recordings to give me a better idea of the accompaniment. When I am learning something for the choir, I end up playing the other vocal lines and sing my part to make sure I know what I’m doing. Solo music like Lieder involve even more time. I work with a Korrepetitor (accompanist) on nuances in expression, dynamics, diction and where to breathe! And of course, memorizing!

**You have three children: Rhyssa, Björn and Thorsten and now you are a proud grandma of Lilia. How much time does your job and your singing leave for being a grandma?**

At the moment I don’t have as much time for singing or Lilia due to my work. We do a lot of video chats and I get a lot of video clips and photos. I babysit on the occasional evening or on the weekend for a few hours, which I look forward to doing.

**We thank Tonda and the other soloists who have helped keep the music alive at the Church of the Ascension.**

*Tonda was talking to Sue Morris*

## The Women's Retreat: Gratitude

The topic of this year's women's retreat was gratitude: We were certainly all very grateful to be back together after a break of two years and to see some new faces too.

One activity included choosing from cards on which were written short texts about gratitude, ones which really caught our eye and, only if we felt so moved, to explain why.

Reproduced here is a selection of them. Who said them? Choose from the list on the next page and then find the answers on Page 28.

1. He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.
2. We are dealing with so much. In all things, in everything at the end of the day give it to God and go to sleep.
3. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns and songs from the Spirit, singing to God with gratitude in your hearts.
4. I cried because I had no shoes; then I met a man who had no feet.
5. Somewhere, someone is happy with less than you have.
6. Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.
7. Gratitude is not only the greatest of virtues but the parent of all others.
8. When eating fruit, remember the one who planted the tree.
9. With a few flowers in my garden, half a dozen pictures and some books, I live without envy.
10. Don't judge each day by the harvest you reap but by the seeds you plant.



**Robert Louis Stevenson (1850-1894)**

**Anon**

**Colossians 3:16**

**Mahatma Gandhi (1869-1948)**

**Marcel Proust (1871-1922)**

**Lope de Vega (1562-1635)**

**Vietnamese Proverb**

**Epictetus (c50-135)**

**Marcus Tullius Cicero (106- 43BCE)**

**Anon**





## Interview with Beni



Many of you who read the Outreach items in the **Ikon** will know the name Beni from reports of the Tafel, but who is this Beni?

Her full name is Mhabeni Bona and she was very willing to talk to me even though we have not met in person yet.

### **Tell us about your family.**

I'm from Nagaland, North East India, and grew up between North India, Singapore, and Yemen. I've been in Germany since 2016, and since September 2021 have lived in Munich with my husband Tameem and our cats Tiger and Thor.

My academic background is in international relations and public policy. I studied in the U.S. (Washington DC), UK (London and Durham), and Germany (Berlin).

### **So where has work taken you?**

I worked in international development cooperation in Yemen and then with the UN in Bonn.

**Wow – with the UN. You mention this as a throw away remark, but as my father worked with the UN as a geologist I know how demanding work for this organisation can be. Languages often play an important role. How many do you speak?**

English is my primary language. It was the common language at home as my parents speak different Indian languages. I also speak my Mom's language, Angami, and am trying to learn Arabic and German.

### **You mentioned Yemen. Tell us more about your experiences there.**

I've called Yemen home for many years. I was there as a child because my Dad, a reconstructive surgeon, ran a charity serving children with cleft lips and palates, and my Mom taught at an

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international school. After grad school, I returned there to work for an American non-profit organisation, designing and implementing youth education and training programs. My parents and I left the country in 2015, when the (still-ongoing) war began. We haven't been back since, but have a deep sense of connection to the country. My husband is Yemeni, so I still have family there.

**I hope Tameem's family is in no sort of danger.**

No, they are keeping well, thanks.

**And what does he do if he doesn't mind telling us?**

He works with the in-house consulting wing of Allianz.

**Is there anything you miss about the people in Yemen and this country you call home?**

I have many happy memories of everyday life in Yemen – to mention a few, evening walks through the old city of Sana'a, freshly caught fish at the seaside in Aden, and the warmth and hospitality of Yemeni people. I'm aware that after years of conflict, the Yemen I miss probably doesn't exist anymore, which makes me treasure the time I had there even more.

**You have led a very international life. Why Germany?**

I moved to Munich to start a new job at a hospitality tech start-up. We build a digital platform that hotels use to run their business processes, and my role centres on designing learning resources that enable our customers to use our product. I work primarily in English, but am trying to improve my German as many of our customers are German speaking.

**What first brought you to the Church of the Ascension?**

I came across the Church of the Ascension online, when looking for an inclusive community of faith. I really value the warmth, critical thinking, and diversity that I've found in the people here.

Community engagement was a large part of the youth programs I managed in Yemen. However, it wasn't until joining the Ascension Outreach activities that I really engaged with anything in Germany. As a relatively-new Münchnerin, I've really valued the opportunity to get involved with my local community.

**Is there anything else you want to tell us?**

Thank you for welcoming me to your community. For those whom I haven't met yet, I look forward to getting to know you!

**Thank you very much for your time.**

*Beni was talking to Sue Morris*

## Impressions of a Day at the Tafel

On the 16<sup>th</sup> of July the CoA had a stall at the Tafel where we gave away amongst other things toiletries, little gifts, mugs filled with tea and toys for the children. As we were a group of seven, we all had different responsibilities and I was in charge of the children's area. It was a very gratifying and humbling experience to see their joy over such little things as a stuffed animal or a little car to play with. Things I would have taken for granted as a child but that mean so much for these children that come to the Tafel with their families.

We had mothers and fathers asking for books for their children or little boys and girls asking for a second toy to take as a gift for their siblings. Some of these little gestures were very heart-warming to see. We ran out of things to give away, and the people still stopped by our stall and understood that unfortunately we sadly couldn't give them anything. When we closed our stall, we were left only with a handful of things but for sure with many lessons to take with us and a lot of gratefulness.

What remains with me is the certainty that little things can really change lives, be it a smile that comes from the heart or a small gift, and I already look forward to the next day at the Tafel and the encounters we will have there.

*Charlotte*

Beni, Charlotte and Chiara busy sorting.



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It was a hot and muggy Saturday, and we'd heard that the Tafel was expecting more people than ever. Sure enough, as the day progressed, we saw many people queuing in the sun. People stopped by our stand after they'd collected their groceries, and I'd like to think we offered them a moment of joy after a tiring experience.

I got to hand out children's books and puzzles, and had several nice little chats with parents about what they thought their kids might like. One picked out a book as a belated birthday present for her son, who had turned eight earlier that week. Another was so excited to take home Disney princess puzzles for his daughters.

With the news cycles seemingly getting more dystopian by the day, I've been feeling quite cynical recently – about how much is going wrong, and how little I do to make things better. These moments at the Tafel reminded me that there is still hope and agency to be found in small acts of kindness and connection.

*Beni*



## Answers to the Quiz on Page 23

1. Epictetus
2. Anon
3. Colossians 3:16
4. Mahatma Gandhi
5. Anon
6. Marcel Proust
7. Marcus Tullius Cicero
8. Vietnamese Proverb
9. Lope de Vega
10. Robert Louis Stevenson

## The Joys of the Wildpark in Poing

On three occasions in July pre-school children from the Christophorus Schools at Riem and Trudering were treated to a trip to Wildpark Poing. Thanks to our congregation's generosity we were able again to fund the entrance fees for all the children. The delight and appreciation of both children and parents was very evident on their faces; it truly was a pleasure to see.

Early in July, Liz accompanied a small group from the school in Trudering, comprising children with a wide range of difficulties. During the afternoon visit Liz said one child had to be carried whilst another skipped happily all the time, but they all enjoyed their afternoon trip to the park together with their carers.



In mid-July I joined the second group from Riem, who made an early morning start to their visit. Viewing the wide variety of animals, holding hands with the children as we wandered from one area to the next, I was accepted as one of them. It felt GREAT!!

The sheer delight and wonder of being able to feed, stroke or sometimes shy away from the animals affords an “awesome” experience for almost all children.

Given the high temperatures that day the early start was well planned and after a splash about in the water park, everyone was ready to sit down at lunchtime to eat their picnics before slowly returning to the bus to take them back to school for their early afternoon sleep.

For the final trip on Saturday 30<sup>th</sup> July Angela and I met the children and families from the school in Trudering, together with the head of the school Gabriela von Westerholt and carers. It was such a pleasure to see parents enjoying this outing that offered them a chance to interact with other parents and teachers.

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There is a great variety of enclosures at the park. We were followed by hungry deer from seeing wolves and lynxes then owls, and on to pot-bellied pigs, buffalo, even small animals such as guinea pigs until we arrived at the peacocks. Along the way there were opportunities to feed the various animals and thereby providing a unique experience for all concerned.

Before meeting up at the picnic area at lunchtime some families even managed to see the show with birds of prey, which was very entertaining.

After lunch some went onto the final attraction, the bear enclosure. This was quite a sight, watching the bear cubs playing with and feeding from the mother bear.

Everyone involved in all three trips left with the feeling of a great day to treasure and remember.

A true blessing of nature!

*Jill Thomas*



## On my Desert Island

Carmen Dacre is our castaway this month.

She was born in the city of Leeds, England and spent most of her working life as a Registered General Nurse. She is now retired but still works a little in as much as she teaches English once a week at the ASZ in Lehel. She has been an active member of the Church of the Ascension since 2008, working as an Acolyte and a member of the choir.

She now takes up the story.

When I lived in England, I often listened to Desert Island Discs on Radio 4. Now I have a chance to pick my own thanks to the **ikon**. Condensing the list to six has been tricky.

So here goes:

1. **Clair de Lune** by Claude Debussy.

This piece of music always gives me inner peace.

2. **Queen of the Night** – from The Magic Flute by W.A. Mozart (sung by Lucia Popp). She sings it with such ease and clarity it reminds me to remember to breathe when I am singing.

3. **Oh Jesus I have promised**, sung to the tune by Arthur H. Mann.

One of many hymns that renew my faith.

4. **Arioso** by J.S. Bach – Piano Concerto BWV1056.

This was one of many pieces of music played at school assembly\* on exiting from the assembly hall. It reminds me of my first introduction to classical music.

5. **The Skye Boat Song** by Harold Bolton.

I love English, Irish, Scottish & Welsh folk songs. The Skye Boat Song was one of the first folk songs I happened to sing in public. I was so nervous, I happened to sing the last two verses in the wrong order. An elderly gentleman from the audience pointed this out to me; He requested I return next week and sing it again in the correct order, only because he said he liked my voice, and it was one of his favourite folk songs.

6. **Sound the Trumpet** by Henry Purcell.

I love this duet, typical of Purcell's work.

My luxury: A bagpipe player to wake me up in the morning.

*Carmen Dacre*

\* If this is an unfamiliar term to you ask any Brit over 40!



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# Ascension Recipes: Tomato Rasam



## Ingredients

Tomatoes	6 medium (~400 grams)
Garlic	10 to 12 cloves
Whole black pepper	1 tablespoon, coarsely ground
Dried red chili	1 or 2 whole pieces
Cumin seeds	1 teaspoon
Coriander	2 to 3 sprigs, stalks and all
Mustard seeds	Half a teaspoon
Tamarind	A quarter inch piece OR a ¼ teaspoon of extract

Winter is coming! Or for some of us, it's already here, brrrr! This recipe is a very common South Indian "Soup" that is especially enjoyable in cold weather. It is light, spicy (!! ) and it really drains those sinuses ;).



That being said, halving the quantities of pepper and red chili should make this dish enjoyable to even the least spice-adventurous amongst us. There are (at least) three ways to eat Rasam:

- As a plain, simple soup
- As a warm drink with a dollop of yogurt (which makes it milder too)
- As a curry on top of some freshly cooked white rice (this is, in fact, the most common way Rasam is consumed in India).

But don't let these suggestions limit your imagination, the possibilities are really quite endless! Now onto the method:

1. Bring 3 cups of water to a boil in a pot. Add the tomatoes and the tamarind piece into it and boil until the skins of the tomatoes start to loosen. If you plan to use Tamarind extract instead, do Not add it in now.
2. Remove the tomatoes and the tamarind piece from the pot but do not discard the water. Soak the tamarind piece in a quarter cup of warm water and extract its juices.
3. Mash the tomatoes or grind them to a coarse paste in a food processor. You can optionally peel the tomatoes prior to this step.
4. Heat up about a tablespoon of vegetable oil in a pot. It needs to be large enough to hold the previously boiled liquid as well as the tomato paste.
5. To the hot oil add the mustard seeds, cumin seeds, ground black pepper and whole red chilies. Crush the garlic and the coriander sprigs with the side of a knife and add these into the mixture. Sauté this mixture until there are no more raw aromas
6. Next, add the tomato paste, the previously boiled water and the tamarind extract into the pot. Add salt as per your taste (a 1/2 teaspoon is a good starting point).
7. Boil this mixture for another five minutes and your Tomato Rasam is ready to devour!

*Shema Paul*

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# Congratulations

To those who have birthdays

in August

- 2<sup>nd</sup> Rémy Bethmont
- 17<sup>th</sup> Angela Schneider
- 29<sup>th</sup> Claire Bartsch
- 29<sup>th</sup> Sue Morris.

In September

- 4<sup>th</sup> Bob Nowak
- 7<sup>th</sup> Harald Bayer
- 8<sup>th</sup> Kaye O'Connell
- 10<sup>th</sup> Rolf Schneider (and another parishioner who knows who she is!!)
- 14<sup>th</sup> Nathan Stuckenbruck
- 19<sup>th</sup> Ali Gray
- 25<sup>th</sup> Jane Scheiring
- 28<sup>th</sup> Steve Knowles.

Congratulations to those who have wedding anniversaries

- Bob and Kristi Nowak 15<sup>th</sup> August
- Kelvin and Wendy Mountford 30<sup>th</sup> August
- Loren and Lois Stuckenbruck 1<sup>st</sup> September.

Congratulations to Laura Baird and Andreas Bartsch on the birth of their son Flynn Patrick, a brother for Claire.

## Notes from the Vestry

As from October 8<sup>th</sup> your vestry meetings will be conducted even more efficiently than they already are. The Academy for Parish Leadership – a program of the European Institute for Christian Studies – is organising a webinar on Sat. 8 October at 16.00 on Robert's Rules for deliberative assemblies and why we follow them.

In 1876 Henry Martyn Robert published his first edition of these rules having chaired a public meeting held in a Baptist church that degenerated into chaos. He swore that he would never let that happen again and set about the study of parliamentary law

Reactions to the webinar in the next issue.

*Janet Day-Strehlow*



## Emmauskirche

This year it is the turn of the Book Sale. New and second-hand German and English books and CDs in good condition can be accepted on:

Monday, 10 October      10-13 hours and 15-18 hours

Tuesday, 11 October    10-13 hours and 15-18 hours.

The sale itself takes place in the cellar rooms on well-sorted shelves on:

Saturday 15 October    11-17 hours

Sunday 16 October     11-17 hours

Monday-Thursday      18-20 hours

Friday 21 October      18-22 hours.

There are refreshments in the cafeteria on Saturday and Sunday.

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# Worship in Nürnberg

Church of the Jakobskirche in downtown Nürnberg

Church of St. James the Less  
Jakobsplatz 1  
90402 Nürnberg



Please come and join us! We would be honoured 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. The wearing of face-masks is recommended but is not compulsory. We are holding services every second and fourth Sunday at 16:00. Check our Facebook page to get the latest information: Anglican/episcopal church of St James, the Less. Our Website is [www.st-james-the-less.de](http://www.st-james-the-less.de)

<https://www.facebook.com/stjamesnuremberg/>

# Worship in Augsburg

There is a service every Sunday at 16.30 in the Ev.-Luth. Auferstehungskirche, Garmischer Straße 2a in Augsburg/Hochzoll. (The Service on the 23<sup>rd</sup> October will be held in the Church Hall because the Church will be in use for "Gospel Time").

Weekday Evening Prayer in October, led by Tobias Hamberger via Zoom 929 3722 6600: Wednesday 5<sup>th</sup>, 19<sup>th</sup> October and on 2<sup>nd</sup> November 2022 starting at 19.00, duration 15 - 30 minutes. The Content is taken from the Micah Initiative (read Micah 6:8) and focuses on social and climate justice driven by a biblical point of view. (<https://micah-initiative.de/>).

The Walk for Freedom (against slavery and human trafficking) will take place on Saturday 15<sup>th</sup> October on the Augsburg Rathausplatz starting at 13.00.

The annual Thanksgiving Dinner, in collaboration with the SKM/Wärmestube Augsburg will take place on Saturday 22<sup>nd</sup> October. The food donations must be delivered to Sally Rascher on the Saturday 22<sup>nd</sup> October before 12.00. Please contact Sally for more details. Mobile 01794835833, via WhatsApp or email [s.rascher@onlinehome.de](mailto:s.rascher@onlinehome.de)



## Coming Events

### October

15 <sup>th</sup>	10.00-12.00	Racial Justice Book Discussion
19 <sup>th</sup>		Choral Evensong
27 <sup>th</sup> -30 <sup>th</sup>		Convocation Convention, Clermont-Ferrand

### November

5 <sup>th</sup>	11.00-12.00	Memorial Service for Stephen Norton, St. Michael's
12 <sup>th</sup>	14.00-16.00	Women's Book Discussion
13 <sup>th</sup>		Harvest Festival
19 <sup>th</sup>	10.00-18.00	Alpha Course Retreat
26 <sup>th</sup>	15.30-16.30	Carol Service, St Ottilien

### December

18 <sup>th</sup>	14.00-15.00	Christmas Carol Sing
21 <sup>st</sup>		Nine Lessons and Carols at St. Willibrord

### Recurring Events

Sundays	10.00-11.30	Confirmation, Reception, Reaffirmation Classes (finishes 27 <sup>th</sup> November) (not 30 <sup>th</sup> October)
Mondays	19.30-21.30	The Sanctuary Course (finishes 28 <sup>th</sup> November) (not 24 <sup>th</sup> & 31 <sup>st</sup> October)
Tuesdays	08.30-9.30	Morning Prayer
Tuesdays	19.00-20.30	EfM (finishes 20 <sup>th</sup> December)
Tuesdays	19.30-21.30	The Alpha Course (finishes 6 <sup>th</sup> December) (not 25 <sup>th</sup> October)
Wednesdays	15.00-16.00	Coffee with Dan
Thursdays	19.45-20.30	Compline

For more details see the weekly Announcements and/or visit the Calendar within the CoA Website.

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# Closing Words

When I was still teaching Business English and discussion skills, textbooks had long lists of exponents for agreeing and disagreeing.

Yes, but...

You have a point there, but...

I agree up to a point, but...

Yes, but have you thought of...

So **yes, but** means **no**. Most confusing.

It must be possible to turn the simple **Yes, but** into something positive. Let's give it a try:

It's pouring with rain. Yes, but we have a huge umbrella.

I've locked myself out of the house. Yes, but remember the secret place for the spare key.

I've just missed my bus! Yes, but they run every five minutes.

It's freezing in here. Yes; but you have two pullovers\* in the cupboard.

Winter is around the corner. Brrr. Yes but think of that warming soup recipe on Page 32.

The **lkon** team and the Vestry wish everyone a colourful and not too cold autumn.

*Sue Morris*

\*sweaters to our American friends!



If the only prayer you said in your whole life  
was "Thank you," that would suffice

*Meister Eckhart 1260-1328*

## Imprint / Impressum

**Editor:** Sue Morris  
**Assistant Editor:** Mitchell Woodard  
**Layout:** Roger 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 **lkon** to the editor for consideration:  
[sue.morris@web.de](mailto: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 first run it past the Senior Warden, Janet Day-Strehlow.

## Contact Information

Address:

**lkon** Magazine  
Church of the Ascension  
Seybothstr. 4  
81545 Munich

*Phone:* +49 (0)89 648 185

*Fax:* +49 (0)89 644 428

*Email Church Office:* [office@ascension-munich.com](mailto:office@ascension-munich.com)

## Back Numbers

You can find all the previous issues of the **lkon** on our website at:  
<https://www.ascension-munich.org/parish-magazine>



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.