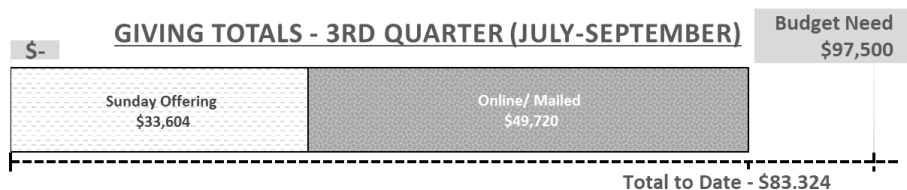


YOUNG FRIENDS CHOIR: Our kids' choir will resume rehearsals in preparation for a Christmas performance on Sunday, December 14th! Practices will take place Sunday mornings at 10 am. We are delighted to welcome back Kate Byrnes as our choir director. Children will learn music theory, vocal exercises, and prepare for the performance.

YOUNG ADULTS AND PROFESSIONALS (YAP): We're a community that aims to bring together young individuals (ages 18 - early 30s) who are curious about, exploring, or are believers in the Christian faith. Email lizmoy@ascensionforesthills.org to learn more!

WOMEN'S BIBLE STUDY: The Women's Bible Study resumes today. We will look at J. I. Packer's "Knowing God" in the coming year. For more information, contact Suzanne Muench at munchkinny@gmail.com or indicate your interest on the Connection Card.

MEMBERS PRAYER MEETING: Join us the third Sunday of each month at 10 am to pray for our country, our church, and personal needs. Email Sibernie Morrison at morrisonssibernie@yahoo.com or indicate your interest on the Connection Card.



Contact Ascension Leadership:

Michael Kytka, Pastor	pastormichaelkytka@gmail.com
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Steven Connor, Elder	connor.steven@gmail.com
Sibernie Morrison, Prayer Team	morrisonssibernie@yahoo.com
Roseann Kytka, Childhood Ed. & Logistics	roseannkytka@gmail.com
Paul Alvarez, Worship Music	paul.alvarez@ascensionforesthills.org
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Linda Thong, Sunday Hospitality	lthong05@gmail.com

Learn More About Ascension Church

Website: www.discoverascension.net

Facebook: /AscensionForestHills

Instagram: @ascensionforesthills

Twitter: @AscensionFoHi



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ASCENSION CHURCH

Sunday, October 5

Seventeenth Sunday after Pentecost



Sabbath is that uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing.

—Eugene Peterson

The Sabbath is an invitation to enter delight. The Sabbath, when experienced as God intended, is the best day of our lives.

—Dan B. Allender

Come to me, all who labor and are heavy laden, and I will give you rest.

—Jesus, Matthew 11:28

Mission of Ascension Church

Ascension Church is a faith community in the Forest Hills area of Queens and seeks to be an intellectually-engaging and spiritually-edifying resource to connect individuals and families to God through the gospel (good news) of Jesus Christ. We wish to be the church for believers, seekers, skeptics, strugglers, and those who rarely or occasionally attend church.

Call to Worship

Scripture: Psalm 85:10-13
Songs: Better Is One Day
 Holy Spirit

Call to Confession

Scripture: Psalm 85:1-7
Song: O Come To The Altar

Community News

See pages 3-4

The Word

Message: Sabbath: The Rest We Were Made For
Speaker: Pastor Michael Kytka

Commitment & Connection

For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you by his poverty might become rich.
2 Corinthians 8:9

You may place your offering in the basket, mail-in checks, or visit our online giving options. You can also send a prayer request or indicate your interest in any of our events via the Connection Card.

Sending

Song: He Will Hold Me Fast

Benediction and Charge

Let us go forth in peace, to love and serve our city in Jesus' name!

Alleluia! Amen!

The pastors and other church leaders are available to pray with you or to answer questions about the Christian faith or Ascension Church. Bible verses from the English Standard Version (ESV), unless otherwise noted.

Prayer of Belief

Lord Jesus, I admit that I am weaker and more sinful than I ever before believed, but, through you, I am more loved and accepted than I ever dared hope. I thank you for paying my debt, bearing my punishment on the cross and offering forgiveness and new life. Knowing that you have been raised from the dead, I turn from my sins and receive you as Savior and Lord. Amen. *If you prayed this or if you have questions about it, please indicate this on the Connection Card.*

Church Wide Community News & Events

NEW SERMON SERIES: Pastor Michael has begun a new sermon series entitled 'Rest for Your Restlessness: Exploring Jesus' Invitation to True Rest.' Feeling worn out, anxious, and always on the go? This five-week sermon series from the Gospels speaks to the deep fatigue of our age. In a world that equates worth with busyness, Jesus offers something radically different—rest that revives the soul, not just the body. Join us as we explore His invitation to step off the treadmill of striving, embrace God's Sabbath rhythm, and find the peace we were made for.

2025 BIBLE READING INITIATIVE UPDATE: Our church family began reading through the Bible together this year using Paul Tripp's Everyday Gospel devotional. As we've entered the New Testament on September 26th, it's a great time to join in—whether you're new or want to re-engage. Together, let's keep growing in God's Word! The guide is available on Amazon as a devotional with a reading plan (*Everyday Gospel: A Daily Devotional Connecting Scripture to All of Life*) or as a full ESV Bible with the devotional included (*ESV Everyday Gospel Bible: Connecting Scripture to All of Life*). Please indicate your interest in this initiative on the Connection Card.

GROWTH GROUPS: Growth Groups resume this week! Join us Wednesday evenings at 6:30 pm at the Wofseys' home or 7:15 pm at the Lus' home. Attenders are encouraged to purchase and read the 60-page book *How to Walk Into Church*, available on Kindle via Amazon, which explores how to make the most of our Sundays. Please indicate your interest on the Connection Card.

MEMBERSHIP CLASSES: The first of our two membership classes will take place after the service today at Pastor Michael's house. Lunch will be provided. The date for the second class is to be determined.