



# The ASCENDANT

A Newsletter by and for Members and Friends of Church of the Ascension

September 2018

## Yard Sale & Car Wash - September 08



Second Annual Summer Yard Sale and Car Wash on Saturday, September 8, 2018 from 7:00 a.m. to 3:00 p.m. If you have furniture or clothes that you want to donate, bring them to the office. Remember that you can bring your car to be washed. We also need help. If you are available, you are welcome to join us! For more information, please contact Javier at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org) or 202-903-6426 or Ascension Office.

## Bake Sale with Yard Sale

We are now going to have a Bake Sale along with the Yard Sale on Saturday, September 8. The Bake Sale will be from 9:00 a.m. to 2:00 p.m. This gives you only a few days to get out your favorite recipes to bake for our Ascension Bake Sale.

You can bring your baked goods on Friday afternoon or evening to the church office, or bring them to the Ascension House. Fe Wlotzko will be at the church setting up at 8:30 am on Saturday, so you can bring your Bake Sale items any time after that.

## Ministries Fair

Leaders and participants of parish ministry teams will be available to chat Sunday, September 9 from 8 - 10:00a.m. in the Undercroft. The program year begins on Sunday, September 16. All formation classes will meet at 10:00a.m. Service.

## September 9 Healing Prayer

Hello dear friends of Ascension,

This coming Sunday during coffee hour, a short prayer clinic will be offered by myself and Paul Whitmore. Paul is a veteran healing minister and doctor. I got my start in ministry as a healing minister and social worker. The presentation with questions and answers will take about 30 minutes. We hope that we will see you then for our brief talk and Q & A where you can hear more about healing ministry. Bring your coffee and cookies with you...Javier won't mind. It will be less temptation for him.

Now, what is healing prayer? Healing Prayer as a category of ministry which is a vital part of a church's pastoral care program. Healing prayer is an opportunity for the individual to stand in person with another person before God for prayer. Healing ministers are trained by the ordained clergy of Ascension. Healing Prayer is for everyone however the need. It can happen anywhere at any time, but, on Sundays, it is conducted in a small prayer room just outside the sacristy. It is entered from the crossing of the church on the pulpit side of the church. There is a kneeler but you can stand if you prefer.

Our goal is that healing prayer will be better understood by the congregation. Further, we hope that individuals who could benefit from healing prayer will feel that the healing prayer is more accessible to them and that they might avail themselves of this important ministry. Secondly, we are hoping that those who have been thinking about becoming healing prayer ministers will have a way to learn more about it so that they can discern and possibly answer God's call to serve in this way at Ascension.

Now, I will offer as a teaser a brief summary of what we will do during this gathering. You will learn briefly about the theological and spiritual underpinnings of prayer and how healing prayer invites healing into all of our lives. You will learn how healing ministry is offered and how healing ministers know how to pray for you and with you. You will learn about the guiding principles of healing ministry: that you are entering sacred space with another person before God; that God is present and that God listens; that the healing minister listens to you and to God and prays accordingly; that God's intent for all humanity is for health and happiness; that your prayer encounter is completely confidential; that, we understand that God is praying with the minister and the petitioner synchronously and that God's praying with us puts the words we need into our mouths and blesses them. We hope that knowing about healing prayer will also increase your understanding of all prayer and that this paragraph will help you form your own questions.

Now, that sounds like a lot to do in 30 minutes evenly divided between presentation and Q & A, but we promise to keep the emphasis on the personal experience of the healing ministers as the primary teacher. If there is a need, we will later offer more extended training for praying and for discernment for becoming a healing minister.

May God Bless you and keep you,

Nan+

# LIFE LONG LEARNING

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## Yoga Class

Yoga classes are offered on Thursdays at 10:00 AM, taught by Lucia Pires. The class is multilevel, with an emphasis on gentle yoga, and is appropriate for beginners. Props are offered, but the students are encouraged to bring their own yoga mats.

Yoga class Classes will resume in the Chapel on September 6, 2018

## Tai Chi Class

Starting from September 6th, Tai Chi classes will resume at 4:00 p.m. on Thursday afternoons in the Chapel; a good time of peace and balance in a lovely place. Please come and join us. Tai Chi will be cancelled any Thursday that schools are closed for bad weather this winter. Contact Claire Rosser at 301.275.0617 or Cjrosser@aol.com if you have any questions

## Spanish Class

Spanish class will resume on September 10. Come and take part in Ascension's Spanish Class on Mondays from 6:00 p.m. to 8:00 p.m. at Ascension House. You don't need to know Spanish to come, because we get together to learn and/or practice. For more information contact Javier at ocampoj@ascensionmd.org

## The Listening Heart Community

The Listening Heart Community is Ascension's "monastery of the heart", an intentional group for seekers in all stages of their spiritual journey to explore Benedictine and other contemplative spirituality in community. This fall and winter, we will be praying with the writings and teachings of Thomas Merton, the American mystic and Trappist monk, in observance of the centennial of his birth.

## Wednesday Morning Book Group

Our group is discussing the book, "Take This Bread: A Radical Conversion," by Sara Miles. This book presents the story of its author's journey to faith and how she took Jesus' call to feed others by establishing food pantries. Our group meets on Wednesday mornings at 10:00 a.m. in Ascension's library. All are welcome to participate. Please read chapters 14, 15, and 16 for this coming Wednesday.

## Summer Sunday School

Children and Families are welcome! We are offering Summer Sunday School, in room 4 (also called the "Place of Peace", during the 10:00 service. Similar to the Families with Young Children Service, we sing, have a simple lesson, pray and play and then go to church for communion. Parents may come to Sunday school with their little ones or leave their children to us while they enjoy the church service. Over the past few weeks we have seen some beautiful interactions between older and younger children. Come hang out with us sometime!

Questions? text or call: Megan Didavi at 703-626-7199

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## LIFE AT ASCENSION

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### WE HAVE GONE DIGITAL

In this day and age we must keep up with technology. We have update Servant Keeper (Ascension's Membership database) to allow parishioners to update their own information on the church's database. The link below will allow you to access it by entering your email address and creating a password. You will be able to not only update your current information, but also view your contributions and print your own statements. Of course those whom wish us to provide them with their statements, we will be happy to do so. You will be able to share your interests in severing and tell us where you are serving now. If you have any difficulties, please contact Lin Keene at office@ascensionmd.org

<https://servantkeeper.com/member-portal/ECOTA/registration/email>

### Personnel Committee Seeks Volunteers!

Do you have Human Resource Management or Managerial experience? Do you have a keen eye for detail? Are you gifted at conflict resolution? Well if so, then the personnel Committee is looking for volunteers. We are looking for help with the following areas of personnel: reviewing the personnel policies and guidelines, establishing salary structures, creating and performing annual reviews, and reviewing benefits packages for the staff and clergy. If any of the above sounds interesting, Ascension could use your help. Please contact the Vestry Liaison, Rose Buck, at rose.buck2@gmail.com or at 301.325.6291 or email Lin Keene at office@ascensionmd.org.

### Backpack Drive Big Success

I would like to thank everyone for their support of the backpack drive. Your donations of supplies and financial support enabled us to provide 55 backpacks for the Linkages to Learning program at Summit Hall E.S. in Gaithersburg. This is the largest number of backpacks we have provided since 2015. Thank you to those who helped to stuff the backpacks. I really appreciate your support of this project and I am sure that the children appreciate the backpacks. Thank you again! Kristen Keating

# LIFE AT ASCENSION

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## Ascension's Adventurers to Visit Roosevelt Island



All Ascension parishioners and friends are invited to participate in a 1.5-hour visit to Theodore Roosevelt Island on Saturday, September 15<sup>th</sup> (rain date = September 29<sup>th</sup>). Located in the Potomac River, this island serves as a memorial dedicated to America's 26<sup>th</sup> president who was an ardent conservationist and largely responsible for establishing the U.S. National Park Service.

From 10:30 a.m. until noon, a Park Ranger will lead us and others on an "Island Safari", that is, a guided walk around the island to explore aspects of this memorial property, including its rich history.

There is no fee for this tour. Also, there are no restrooms or water fountains along the walking route, so plan accordingly.

The island is accessible via a footbridge from Virginia. This footbridge is located in a parking lot that is accessible only from the northwest-bound lanes of the George Washington Memorial Parkway just beyond the Theodore Roosevelt Memorial Bridge.

All parishioners and friends are also invited to join us for lunch at 1:00 p.m. at Clyde's in the Tower Oaks Lodge. Please feel free to join us for lunch even if you are unable to visit Roosevelt Island with us.

Participants may meet us at 9:10 a.m. in Ascension House's parking lot to carpool. Participants also have the option to meet us on the footbridge to the island at 10:30 a.m.

For more information about Roosevelt Island, see <https://www.nps.gov/this/index.htm> .

For more information about the restaurant, see <https://www.clydes.com/tower-oaks-lodge> .

Also, feel free to contact Richard Snay (tel: 301-977-5259; email: [rssnay@aol.com](mailto:rssnay@aol.com)) for more information.

Please let Richard know by Thursday, September 13<sup>th</sup>, if you plan to join us for our visit to Theodore Roosevelt Island and/or for lunch, so that he may make appropriate arrangements.

### Driving direction from Ascension to Theodore Roosevelt Island, Washington

Drive south on I-270 and then take the I-270 Spur onto I-495 South/Capital Beltway  
At Exit 43-44 of I-495, take right for the GW Parkway toward Washington, D.C.  
After driving 9.2 miles on the GW Parkway, take ramp right for US-29 North toward Key Bridge/Washington  
After 0.5 miles on US-29, take ramp right and follow signs for the Whitehurst Freeway  
After 0.6 miles, take ramp right for I-66 West toward E Street  
After 0.5 miles, take ramp right for I-66 West  
After 0.8 miles on I-66, take ramp right and follow signs for the GW Parkway  
After 0.5 miles, turn right onto the GW Parkway  
After 0.2 miles on the GW Parkway, turn right into parking lot for Theodore Roosevelt Island

### Driving directions from Theodore Roosevelt Island to Tower Oaks Lodge

Address of Towers Oaks Lodge: 2 Preserve Road, Rockville, MD

Upon exiting the parking lot of Theodore Roosevelt Island, turn right onto the GW Parkway northwestward  
After several miles on the GW Parkway, merge onto I-495 North toward Maryland  
After several miles on the I-495, merge onto I-270  
After several miles on I-270, take Exit 4A toward Montrose Road, East  
On this exit, keep to the left to take the ramp to Tower Oaks Blvd.  
Turn left onto Tower Oaks Blvd.  
After 0.26 miles on Tower Oaks Blvd., turn right onto Preserve Parkway  
After 0.3 miles on Preserve Parkway, the entrance to Tower Oaks Lodge will be on your left.

# LIFE AT ASCENSION

## ATTENTION WORSHIP LEADERS

Chalicians, readers, acolytes, healing prayer ministers, ushers, hospitality angels, flower deliverers: It's time to start looking for any black-out dates you may have for October, November and December. I will be starting the roster for the next quarter shortly and if I know in advance that you won't be available on specific dates, I won't schedule you for those dates. That's so much easier than your having to find a sub! Email me any "not available" dates you may know of at [sari.stoddard@verizon.net](mailto:sari.stoddard@verizon.net). Blessings on all of you, and thank you for offering your help to our worship.

Thanks in advance,  
Sari

## Fill the Bin for Comfort Case

Ascension's Youth Group has been supporting the important work of a local non-profit organization—Comfort Cases, that provides services to children as they head into foster care. We are delivering the Comfort Cases leading the 10 a.m. service on September 9, 2018. If you bring supplies to donate, a bin is still available at Narthex.

## Fiesta de las Americas

In some Latin American countries, in September we celebrate our Independence. For this reason, we are organizing a party in the Undercroft Commons on Sunday, September 16, after the 12:00 p.m. service. We invite everyone to attend!

## Bishop's Visit and One Ascension Sunday



Bishop Mariann Edgar Budde spends much of her time out and about in the congregations of the diocese. In addition, she makes an official visitation to each of the diocese's 88 congregations once every three years. These visits occur on Sunday mornings, and the schedule is typically announced each summer.

In years in which the bishop does not visit, a member of her senior staff visits instead. This year she will come to Ascension on Sunday September 30th, since it is also One Ascension Sunday we will have just one service at 10:00 a.m. After the service we will have a potluck. Please sign up if you want to bring any food or drink.

## Invitation for Enid's Ordination



By the Grace of God and the people consenting  
The Right Reverend Mariann Edgar Budde, Bishop of  
Washington  
will ordain to the Sacred Order of Deacons in Christ's One Holy  
Catholic and Apostolic Church

Sandra Russline Bramble  
Enid Omodele Cole  
Joan Marie Crittenden  
Anne Elizabeth Derse  
Elizabeth Lovette Dixon  
Martha Josephine Eldredge  
Susan Cheryl Fritz  
Janice Marie Hicks  
Lesley Werner Krauland  
Kathryn Evans McMahon  
Steven Eugene Seely  
Eugene Nat Wright

on Saturday, September 22, 2018, 10:00 a.m.  
at the Cathedral Church of St. Peter and St. Paul  
3101 Wisconsin Avenue, NW,  
Washington, District of Columbia

Your prayers and presence are requested.  
Clergy: Red Stoles

Reception to follow in the Bishop's Garden.  
Clergy planning to process please rsvp to [www.edow.org/ordinationrsvp](http://www.edow.org/ordinationrsvp)  
by September 14, 2018.

## Healing Prayer Ministers

We are in desperate need of volunteers to provide this special function at our 8 o'clock service. Training and assistance will be provided to you on a one-on-one basis. Give your name to Father Javier, or call Lin at 301 948-0122.

## Parishioner with Cancer in Need of Transport to Doctors

Leslie Pool has cancer and is in need of help getting to her numerous medical appointments. Ascension is not her only source of help, but we are looking for a few people who can assist. Please contact Bubba Pflantzbaum at [bubbashalom@gmail.com](mailto:bubbashalom@gmail.com)

## Introducing Ascension Music Minister



Andrew Kullberg began his ministry at Church of the Ascension in September 2018. He grew up in Silver Spring, Maryland and developed an interest in music at a very young age. Through musical opportunities in his church and school, Andrew developed his musical abilities and learned to play multiple instruments fluently. He attended Eastern University outside of Philadelphia and majored in music education with a concentration in piano. While attending undergrad, Andrew grew as a church musician by singing in various choirs and playing piano and organ for numerous worship services in and out of state.

After graduating, Andrew returned to his hometown to start a career in teaching Montgomery County Public Schools and working part-time at Colesville Presbyterian Church. At Colesville, he served various music positions for six years including Children's Choir Director, Director of Contemporary Worship, Organist, and eventually, Director of Music.

Andrew currently teaches a diverse population of over 400 students at Meadow Hall Elementary School in Rockville and is the Conductor of the Montgomery County Central Honors Chorus. Additionally, he serves on occasion as Piano Accompanist for Bet Aviv, a Reform Jewish Congregation in Columbia, MD. Andrew lives in Bethesda and is currently working towards his Masters of Music in Education at University of Maryland.

## Men's Shelter Lunch Program



The Men's Shelter Lunch program provides bagged lunches for homeless men, assembled in the Undercroft Commons once a month. Supplies are donated by Ascension members. Depending on the season, we provide forty to eighty lunches a month. The next program is on September 16 at 11:15 a.m. Contact Edith at [esekasi@gmail.com](mailto:esekasi@gmail.com) if you would like to help, or sign up at <http://bit.ly/1VAKEz8>.

## Ministerio Felicidad

Ascension members prepare lunches and send love and prayers to day laborers in the neighborhood of the church. Join Javier at 6:00 a.m. on Saturday, September 29 in the church kitchen. If you have any questions, Contact him at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org)

## Montgomery Hospice

Montgomery Hospice is a nonprofit hospice that has been serving the residents of Montgomery County for 36 years. Our team (of doctors, nurse practitioners, nurses, spiritual counselors, social workers, hospice aides, bereavement counselors and volunteers) works with patients and their families to provide quality end-of-life care in homes, extended care facilities and at Casey House, our acute care facility. We are looking for new volunteers. Our greatest need is for volunteers to visit patients. These volunteers provide companionship for patients, respite for family members, lavender oil hand massages, music by the bedside or help with practical matters. Many provide the gift of "presence" by simply being with a patient. All volunteers go through an application process and a three-day training. For more information, call 301-921-4400 or visit [www.montgomeryhospice.org/volunteer](http://www.montgomeryhospice.org/volunteer)



## JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.

Washington, DC - Walk to End Alzheimer's  
Join the newest \$1 Million Walk!  
Saturday, October 13th - National Mall  
Check in 8AM. Ceremony 9:30AM. Walk 10AM  
Visit [alz.org/walk](http://alz.org/walk) or call 703.359.4400

2018 NATIONAL PRESENTING SPONSOR  
**Edward Jones**

[alz.org/walk](http://alz.org/walk)



# VESTRY MINUTES

August 5, 2018

**PRESENT:** Rev. Javier Garcia Ocampo, Junior Warden Janet King, Rose Buck, Gordon Donnelly, Meredith Horan, Susan McLaughlin, Zadinga Ogada, Luis Pedron, Berenice Rodriguez, Bob Waters. Absent: Senior Warden Betsy Hasegawa and John Pruessner. Guests: Two representatives from Interfaith Partners for the Chesapeake.

The meeting opened at 2:03 p.m. with a short prayer and check in around the table.

**CONSENT AGENDA:** While appreciating the new format of the financials, Gordon stated and the vestry agreed that keeping the financials short makes them more readable and meaningful. Gordon moved that the consent agenda be adopted. Rose seconded the motion, and it passed.

## NEW BUSINESS

**Gaithersburg gardening project.** The guests from the Interfaith Partners for the Chesapeake gave a presentation on becoming faithful stewards of God's water. They suggested that we create a conservation garden on the church's property. The City of Gaithersburg grants funds to do so, and then the Interfaith Partners would provide professional planners to design the garden; Ascension would provide the labor. Lin will get further information.

## OLD BUSINESS

**Contracts review.** Zadinga and Berenice met last week to review and work on updates to the contracts for use of the chapel and for Sandy Ridge preschool. The most recent contract with the school covered the period 12/1/2012 - 6/30/2013, to continue indefinitely unless notice is given. Zadinga and Berenice prepared a review of the Sandy Ridge Academy Lease with an illustration of what an average rent increase since 2013 would look like today, and a proposed new rent schedule. After discussion, the vestry voted on a motion put forth by Gary that Berenice and Zadinga move forward with negotiations. The motion was approved.

**Chapel HVAC.** Repair of the HVAC system will cost about \$10K. Due to the roof situation (addressed below) and the limited amount of funds available, the vestry agreed to delay a decision about this for 60 days. It should be re-addressed in the October vestry meeting.

**St Barnabas** deaf church is now using the chapel, as authorized at the 7/1/2018 vestry meeting. Paul Cooney of the diocese is working on creating a contract between Ascension and St Barnabas.

**Mission statement.** The church needs to revise and update our mission statement. Javier is working with Eleni to come up with suggestions and ideas; this will be further discussed at a special vestry meeting to be held soon. Javier also related that some churches he knows sell advertising to be put in the Sunday bulletins and/or on our website. He gave out handouts with prices for such advertisements.

**Minister of Music.** Gordon reported that the search committee had found an excellent candidate in Andrew Kullberg, and described Mr. Kullberg's qualifications. Zadinga made a motion that the position of Minister of Music be offered to Andrew Kullberg; Susan seconded and the motion was passed.

**The kitchen drains have been repaired but there is still further work that needs to be done before it is usable. Also it needs to pass a Maryland Inspection.**

Susan addressed the certificate class offered by Montgomery College on **Food Handling**; we are required by law to have a certified food handler at any event serving food where non-parish members are present. If taken at the school, the cost is \$100, but the online class is free. Both Susan and Arturo Rodriguez have received their certificates. Susan will write an article for the Sunday bulletin addressing how to get certified and encouraging many people to do so.

**Roof repairs.** Luis and Ed Neal have researched companies to repair our leaking roof and have received several bids for the work. The Facilities Committee is reviewing the bids and will present them to the special vestry meeting to be held shortly. The vestry will select a roofer, who can then begin the work. There are related damages from the leaks (carpet, ceilings, etc.) but the vestry agreed to address these after the roof repair is complete.

## OPEN MIC

Zadinga gave a report on **Sunday school**. There are very few children and few teachers; some of our long-time teachers are stepping down. Recruiting new teachers will be part of the upcoming annual September Ministries Fair. Several ideas to improve Sunday school are being considered. The third year of Joyful Path instruction will be purchased for around \$650 from previously authorized funds. Gordon noted that we should be on the lookout for assistants to the **Youth Group** leaders; Angie and Trevor have served for many years and may wish to step down soon.

**Susan** is the new chair of the Annual Giving Campaign, with Zadinga as her co-chair. She wants to have a large committee this year with many members including all vestry members. The kick-off date of the campaign is September 29, the next One Ascension Sunday and the day of the bishop's visit. All vestry members will hand in their pledges together on that date, for all to see.

Due to the Labor Day holiday, the next vestry meeting will be on Sunday, September 9<sup>th</sup> at the usual 2:00 pm.

**ADJOURNMENT:** At 5:02 Meredith moved that the meeting be adjourned. Rose seconded the motion, and it passed unanimously.

Respectfully submitted,

Sari Stoddard

# PARISH FINANCES

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## Budget Development and Implementation



With half of the year behind us, we turn our attention to the remaining budget for funding year 2018. Summer months of May through July have seen consistent total Income and Expense figures. The treasurer and parish administrator continue to work with the Vestry and Priest to monitor income and expenses, and to anticipate needs for the fall.

### July Financials

July income was higher than projected, and expenses were lower than projected. This trend has continued for the fourth month in a row since April, leading to relatively stronger net positive income figures.

Total income for July was \$47,184. Ascension received \$3,176 in Plate receipts and \$34,459 in Pledge income. Building Use Donations were \$6,499 and Miscellaneous Unrestricted Income was \$3,049.

Total expenses for July were \$36,687. Most expense categories were below the budgeted amounts. The most significant expense was Facilities which was \$11,098 and includes 2018 Montgomery County taxes and Church quarterly insurance itemized expenses.

Taken together, we had net positive income for July of \$6,658 based on income and expense figures just described and taking into account our Church's July mortgage principal.

Finally, the Treasurer's Report shows that the Endowment Fund stands at \$312,278. Our Unrestricted Cash Reserves is at \$68,412. The Facilities Reserve Fund is at \$48,343.

### CONNECT WITH US ON SOCIAL MEDIA



<http://bit.ly/2tHzJuT>



<http://bit.ly/2tC0Ysa>



<http://bit.ly/2sYC8UV>



<http://bit.ly/2paseJO>

### October Ascendant

Please e-mail Eleni Hailu by Friday, September 21, if you have anything for the October Ascendant at [comm@ascensionmd.org](mailto:comm@ascensionmd.org). Thank you!



**ASCENSION**

*r by and for Members and Friends of Church of the Ascension*

**September 2018**

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The Episcopal Church of the Ascension  
205 South Summit Ave.  
Gaithersburg, MD 20877-2315

*Address Service Requested*

*“We are ambassadors who represent Christ.” - 2 Corinthians 5:20*

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**Contact Us**

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eca@ascensionmd.org www.ascensionmd.org

**Parish Staff**

Priest in Charge  
Ministry of Music  
Parish Administrator  
Media Specialist

Javier Garcia Ocampo  
Andrew Kullberg  
Lin Keene  
Eleni Hailu

**Sunday Services**

8:00 a.m. – Holy Eucharist  
10:00 a.m. – Holy Eucharist  
12:00 a.m. – Eucaristia en Espanol

**Office Hours**

Monday–Thursday : 9:30 A.M. – 3:30 P.M.  
Friday : 10:00 A.M. – 2:00 P.M.