

WELCOME TO CHURCH OF THE ASCENSION

Thirteenth Sunday after Pentecost : 19 August A.D. 2018

Welcoming the Eucharistic Visitor

Most of us feel alone and vulnerable when we are incapacitated, sick or homebound. It doesn't take long for anxiety and fear to become part of our emotional landscape. We can become cut off from the larger community if the situation persists. The Episcopal Church recognizes the suffering of the individual, as well as the diminution of the congregation as a whole when its members are unable to participate in the Eucharist. The Church has instituted the position of the lay Eucharistic Visitor who brings the sacrament of the Eucharist to homebound members of the faith community.

The practice of bringing the consecrated bread and wine to those who cannot come to the congregation dates from the early days of the Church, when coming together was not always possible, or safe. By receiving the blessed bread and wine in private, members of the community were once again bonded to the larger community. The Eucharistic visitor today is a layperson who has been trained and licensed by the diocese. The Eucharistic visitor embodies a ministry of listening, caring, and spiritual presence. The visit can take place at home, in the hospital, rehab facility, or nursing home. Note that the Eucharistic visitor does not visit as a neighbor or friend—it is not primarily about keeping up with events or telling humorous stories to amuse the sick. The Eucharistic visitor brings the the good news of the gospel that we are never really alone to face whatever life may bring; rather, this ambassador of Christ brings the Word and the consecrated elements of bread and wine to those who would otherwise have lost contact with the body of Christ.

During a visit, the Eucharistic visitor will typically hand out a copy of the service to those present, set the table, read the collect and verses for the day, share a prayer, and administer the sacred elements. All who are able may offer a prayer of thanksgiving. Generally, the Eucharistic visit is a gentle, unhurried half hour of inclusion and contemplation. If you or a family member or friend would benefit from such a visit, call the church (301 948-0122) to make a request. Such a visit is possible whether the disability is permanent or temporary.

If you feel that becoming a Eucharistic visitor is something that might interest you, contact the Priest in Charge, Fr. Javier Ocampo, or the director of Pastoral Care, Nan Hildebrand for more information.

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. Blessings on all of you, and thank you for offering your help to our worship.

Thanks in advance,

Sari

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.

TO OUR VISITORS, NEWCOMERS, AND SEEKERS

We thank you for joining us today and hope you will return often.

At Ascension, our mission is to become "ambassadors of Christ," so we welcome you to this community of resident aliens. We invite you to fill out a welcome card (located in the rack at the ends of each pew).

TODAY AT ASCENSION

Preacher: Sister Elena Thompson

Refreshments and conversation follow every service in the lower atrium.

A place of peace for parents and a beginners Sunday School is available in Room 4.
Please feel free to bring your child.

LIFE LONG LEARNING

Tai Chi

Tai Chi on Thursdays in the Chapel will be cancelled for July and August, and resume in September. During the summer, we will meet in Washington Grove on Saturday mornings at 9 am. Directions are Woodland Park, on Grove Road, near the tennis courts. Cancelled if rainy. For information, contact Claire at cjrosser@aol.com (301-275-0617).

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. 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

Wednesday Morning Book Group

On August 15th, our group started 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 5, 6, and 7 for this coming Wednesday.

Spanish Class

There will be no Spanish class until September 10. For more information contact Javier at ocampoj@ascensionmd.org

Thursday Morning Yoga

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 has been temporarily moved to Room 6 in the main church from July 12th through August 30th. This classroom is located on the lower level of the main building. Classes will resume in the Chapel on September 6, 2018.

There will be no yoga class on 8/23 and 8/30.

LIFE AT ASCENSION

Are you interested in helping someone in need of transportation get to church?

We have members at Ascension that are looking for a ride to Sunday service. Are you available, are you interested in giving them a lift? If you live in Gaithersburg and would like to assist please contact the parish administrator Lin Keene at office@ascensionmd.org

WE HAVE GONE DIGITAL

In this day and age we must keep up with technology. We have updated Servant Keeper (Ascension's 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 upload your own photo, update your current information, and also view your contributions and print your own statements. Of course those who 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.

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

Help Provide School Supplies and Backpacks for Children in Need

Ascension is collecting supplies and financial donations to provide backpacks for students (kindergarten through 5th grade) at Summit Hall E. S. in Gaithersburg as part of the Linkages to Learning Program. The purpose of this program is to improve the well-being of children and their families through collaborative delivery of school based services that address social, economic, health and emotional issues that interfere with the academic success of the child. The lists of supplies are available in the narthex. You are not obligated to provide all of the supplies on the list. All donations are welcome. If you would like to make a financial donation, please make the check payable to the church and write "For Backpacks" on the memo line. Please put the check in the plate on Sunday. Please put the supplies in Room 2 On Sunday, August 26, the backpacks will be assembled in Room 2 following the 10 am service. All help will be appreciated. We can work together while we visit and get to know each other. Thank you in advance for your support of this project.

Yard Sale & Car Wash - September 08



Second Annual Summer Yard Sale and Car Wash on Saturday, September 08, 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 ocampoj@ascensionmd.org or 202-903-6426 or Ascension Office.

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.

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
by September 14, 2018.

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

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.

Bike with The Bishop '18



Enjoy a wonderful day on the bike with Bishop Mariann Budde, the diocesan bishop for the Episcopal Diocese of Washington!

- ⌘ Open to all St. Anne's parishioners and guests
- ⌘ 10-15 Mile Group Ride
- ⌘ Stop for Lunch on the route
- ⌘ Custom "Bike With The Bishop '18" T-shirt emblazoned with photo suitable for autographing and/or framing
- ⌘ Limited to 16 Riders
- ⌘ \$275/Rider
- ⌘ Proceeds benefit St. Anne's Episcopal Church and its ministries

Contact Christina More to sign up – thevife@yahoo.com

CARING FOR OUR COMMUNITY

Men's Shelter Lunch Program

The Men's Shelter Lunch program provides bagged lunches for homeless men, assembled in the Undercroft once a month. Supplies are donated by Ascension members. Depending on the season, we provide forty to eighty lunches a month. The next program will be August 19 at 11:15 a.m. Contact Edith at esekasi@gmail.com if you would like to help, or sign up at <http://bit.ly/>

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, August 25 in the church kitchen. If you have any questions, Contact Javier at ocampoj@ascensionmd.org

Montgomery Hospice

Montgomery Hospice is a nonprofit hospice that has been serving the residents of Montgomery County for 36 years. We provide professional 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.

CONTACT US

205 S. Summit Ave., Gaithersburg, Maryland, 20877
www.ascensionmd.org

- ◆ Office Hours: Monday-Thursday 9:30 a.m. 3:30 p.m.
Friday 10:00 a.m.—2:00 p.m.
- ◆ Phone: 301.948.0122 ◆ Fax: 301.926.9012
- ◆ Javier’s Cell: 202.903.6426
- ◆ Prayer requests: Fill out a yellow prayer request card on the table in the Narthex or e-mail the office at office@ascensionmd.org.

Bishop of Washington - The Rt. Rev. Mariann Edgar Budde
mebudde@edow.org, 202.537.6550

Priest in Charge —The Rev. Javier García Ocampo
ocampo@ascensionmd.org, voice mailbox 12

Interim Minister of Music

10:00 a.m. Clarice Snyder

Parish Administrator - Lin Keene

office@ascensionmd.org, voice mailbox 10

Media Specialist—Eleni Hailu

comm@ascensionmd.org, voice mailbox 14

Altar Guild Directors, Mardia Dennis,

mard908@gmail.com, Dotty Pfadenhauer, dottypfa@aol.com
and Georgana Maines, mainesgnh@verizon.net

LEADERSHIP AT ASCENSION

Senior Warden: Betsy Hasegawa

Junior Warden: Janet King

Vestry:

2019: Rose Buck, Zadinga Ogada, John Pruessner

2020: Gordon Donnelly, Meredith Horan, Luis Pedron

2021: Berenice Rodriguez, Robert Waters,

Susan McLaughlin

Sari Stoddard, *Clerk of the Vestry*

Avin Lalmansingh, *Treasurer*

Christian Formation for Children: Megan Didavi ~ Christian

Formation for Youth: Angie Hight-Walker ~

Facilities: Ted Bedell ~

Finance: Avin Lalmansingh ~ Mission: Paul Boynton ~

Pastoral Care: Nan Hildebrand ~

Personnel: Jean Cohn ~

Worship: Gary McLaughlin, Curt Lindsay

Delegates to Diocesan Convention:

Mardia Dennis, Gary McLaughlin, Sue Snay

Alternate: Fredy Diaz

Cycles of Prayer

Prayers for those whose lives are closely linked with
ours: St. Bartholomew’s Parish, Laytonsville

THIS WEEK AT ASCENSION

Monday, August 20

- 1:00 p.m. AL-Anon—Room 1
- 7:00 p.m. Listening Hearts Community - Library
- 7:00 p.m. Overeaters Anonymous—Room 1

Tuesday, August 21

- 7:00 p.m. Codependents Anonymous—Room 1
- 7:00 p.m. Stillwater Mindfulness Group—Chapel
- 7:30 p.m. Spanish Bible Study—Library
- 8:30 p.m. AL-Anon—Room 1

Wednesday, August 22

- 10:00 a.m. Wednesday Book Group—Library
- 1:00 p.m. AL-Anon—Room 1
- 7:00 p.m. Overeaters Anonymous—Room 1
- 7:30 p.m. Worship Committee - Library
- 8:00 p.m. Gamblers’ Anonymous—Room 2

Thursday, August 23

None

Friday, August 24

- 1:00 p.m. AL-Anon—Room 1

Saturday, August 25

- 6:00 a.m. Ministerio Felicidad
- 9:00 a.m. Overeaters Anonymous—Room 2
- 11:00 a.m. AL-Anon—Undercroft
- 11:00 a.m. Overeaters Anonymous—Room 1
- 6:30 p.m. AL-Anon/Spanish- Room 1

Sunday, August 26

Preacher: The Rev. Javier G. Ocampo

- 8:00 a.m. Holy Eucharist —Main Church
Bible School for 3+ year olds & under — Main Church
- 10:00 a.m. Holy Eucharist —Main Church
- 10:00 a.m. Holy Eucharist —Main Church
- 11:00 a.m. Latin Choir — Room 1
- 11:15 a.m. Men’s Shelter Lunches
- 12:00 p.m. Eucaristia en Espanol—Main Church

Attendance	July 29	August 5	August 12
8:00a.m.		25	29
10:00 a.m.	161	130	104
12:00p.m.		21	25
Total:	161	176	158