

WELCOME TO CHURCH OF THE ASCENSION

The Twelfth Sunday after Pentecost: 27 August A.D. 2017

Finding Your North Star

Finding my way through and to life is one of the things we mean by the art and practice of discernment. To discover the choices that lead me and me alone, unique creation that I am, to life and love and freedom - to God - I must practice what some spiritual traditions call “indifference,” or “detachment.”

This doesn't at all mean that I don't care or am not fully engaged in what's happening in my life! What it means is that to tune in to what choices lead me to life abundant I must be open to anything that God might dream for me. This is why we pray, in the traditional language of the Lord's Prayer, “thy will be done.” I need to get very clear about what I want so that I can discover, or discern, who God calls to me to be.

It isn't always what we think! Say that God is calling you to a life of monetary wealth, so that your money and assets can be deployed to support the ministries of others. But you choose instead to eschew wealth because you are attached to the idea that God wants everybody to be poor. You become a night watchman at a pediatric hospital instead, a totally fine path but one that does not call forth your unique potential. Or God may be calling you to married life, which can activate latent gifts of compassion and a more impassioned, authentic engagement with other people. But you may cling to a belief that God is best served by a celibate life in a monastery or convent where you can immerse yourself in contemplation.

If we want to find our one true path to life and love and God, our best prospects lie in a radical openness to anything. When confronted with a choice in our journey, to discern where the Lord will lead us, clarity will come when we view all options with a balanced perspective. How many times have you heard people say: “I would not have chosen to go through what I did, but I like who I am today and knowing what I know now. I have God in my life.” They might be referring to a serious illness or loss, or failure in their vocation, or even the crushing responsibility of leadership, power and wealth.

The idea is that if I am following where God is leading I will know greater freedom and feel more truly alive, regardless of the circumstances in which I may find myself.

Lord, my God, When your love spilled over into creation You thought of me. I am from love, of love, for love. Let my heart, O God, always recognize, cherish, and enjoy your goodness in all of creation. Direct all that is in me toward your praise. Teach me reverence for every person, all things. Energize me in your service. Lord God, may nothing ever distract me from your love. neither health nor sickness wealth nor poverty honor nor dishonor long life nor short life. May I never seek to choose to be other than you intend or wish.

- Joseph Tetlow, S.J.

May you find peace, in God's ongoing creation of you,
Randy

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: Laura Shay

Refreshments and conversation follow every service in the downstairs in lower atrium.

The Nursery is open today from 8:30 a.m. to 12:30 p.m. It is in Room 2, in the rear hallway of the annex at the high school end of the building. Ask a welcome team member for directions.

LIFE LONG LEARNING

Tai Chi

Tai Chi classes are offered 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.

Contact Claire Rosser at 301.275.0617 or Cjrosser@aol.com if you have any questions.

Spanish Class

Come and take part in Ascension's Spanish Class on Mondays from 6:30 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 ocampo@ascensionmd.org

Children's Formation

Beginning September 17, 2017, Christian Formation (Sunday School) for children age 3 (and potty trained) through 5th grade will be held at 10:15 am (or immediately after the 9:00 am service) on the lower level of the main church building. Formation greeters/teachers will be stationed in the narthex to greet and assist newcomers. Classes will end before the start of the 11:00 am service. Adult classes are also offered during this time. These sessions will help us deepen our knowledge of the stories of the people of God and reflect on the meaning of these stories in our lives.

Wednesday Book Group: Christ Actually: The Son of God for The Secular Age

On Wednesday, September 13, at 10:00 a.m. the book group will begin to read and discuss James Carroll's learned, extended, and beautifully written CHRIST ACTUALLY: THE SON OF GOD FOR THE SECULAR AGE. This is actually [sic] cheapest in hard cover from Amazon at \$6.98.

The Amazon synopsis: "A New York Times bestselling and widely admired Catholic writer explores how we can retrieve transcendent faith in modern times. Critically acclaimed and bestselling author James Carroll has explored every aspect of Christianity, faith, and Jesus Christ except this central one: What can we believe about—and how can we believe in—Jesus in the twenty-first century in light of the Holocaust and other atrocities of the twentieth century and the drift from religion that followed?"

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. We meet the first and third Monday of each month in Library. Contact Lori Perine at lperine@gmail.com if you would like to join us.

LIFE LONG LEARNING

Invitation to "Walk with Me" film



The Stillwater Mindfulness Practice Group invites you to view — "Walk with Me: A Journey into Mindfulness Featuring THICH NHAT HANH" on September 26 at 7:30 p.m. at Germantown Stadium 14, 2000 Century Blvd. Germantown, MD. For more information, visit <http://walkwithmefilm.com/> or to reserve your tickets gather.us/s/20587

LIFE AT ASCENSION

Adopt-a-Space at Ascension

Our worship and common spaces are sacramental in the sense that we rendezvous with God and one another in them. It is therefore meet and right that we tend them as the gift that they are. This sign-up lists most of the spaces we inhabit from week to week. They do get cleaned, but there's a lot of traffic in and out of our building and there are plenty of unclaimed artifacts to prove it!

This is an invitation for groups or individuals to "adopt-a-space" to declutter and re-order (where there is furniture).

I have assigned some groups to care for spaces with which they have a special relationship, such as the main church's sacristy, where the Altar Guild lives out its mission to prepare the holy of holies for each of to encounter at every service. Some spaces got claimed immediately, such as the Chapel nave and sacristy, by "regulars" at the 11:00 o'clock service.

There are a few left! Won't you join in? Sign up by clicking this link: <http://www.signupgenius.com/go/70a0a4caba82da75-adoptspace>

Zumba at Ascension!

Summer is here and is always a good opportunity to get in shape. For that reason, we will have Zumba classes at Ascension every Thursday at 7:30 p.m. in Undercroft Commons. Zumba is a dance fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s. Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo.

Boynton Memorial Eucharist

Boynton Memorial Eucharist: Sandra "Sandy" Boynton, beloved wife of Paul and mother of Allison and Chris, died peacefully in the company of family and friends last Thursday after a year long journey with ovarian cancer. There will be a celebration of her life at Ascension next Friday, September 1, at 10:00 a.m. in the main church. All are welcome to greet the family at a vigil at Devol Funeral Home from 6:00-8:00 p.m. on Thursday evening, August 31. Devol is located at 10 E. Deer Park Dr. here in Gaithersburg.

LIFE AT ASCENSION

The Lunch Bunch at St. Nick's

We meet on the third Tuesday of every month 11:30 a.m. until 2:00 p.m. at St. Nick's. After a delicious potluck luncheon together, we will play Bingo with winners choosing from many interesting prizes on our prize table! Newcomers and guests do not have to bring food for the first time.

We are also encouraging everyone to bring at least one non-perishable, kid-friendly food item to add to St. Nick's Summer Food Drive. Many children are hungry this summer as school is out and there are no free breakfast and lunch programs. Let's help the Germantown HELP Food Pantry meet the higher demand for food!

Come prepared to shop at the St. Nick's Crafters' Table, too! We are featuring many handmade works of art and other interesting items. As was done last year, you may make a donation in any amount for any of the items and all proceeds will be donated to the Deibel-Mahan Fund at St. Nick's. You may make your donation in cash or, for tax purposes, by check with Deibel-Mahan Fund in the memo.

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 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 Today at 10:15 a.m. Contact Edith at esekasi@gmail.com if you would like to help, or sign up at <http://bit.ly/1VAKEz8>.

Gaithersburg HELP

This organization provides emergency food and other support to needy families in Gaithersburg. Non-perishable food collected at Ascension every week, and during specific holiday in-gatherings, helps to stock the pantry. Donations may be brought to church at any time and left in the narthex. For more information, contact Melanie Mitchell at 301.519.1074 or melanie.mitchell@verizon.net

CARING FOR OUR COMMUNITY

Mobile Med

Every Tuesday, for (at least) the summer months, Mobile Med has agreed that we can close the waiting room at 1:00 p.m. We will still list a person for the 1p shift in case the day is particularly hot or rainy and we need to keep the waiting room open until 3:00 p.m. I will notify the "on call" 1:00 p.m. person that morning if they need to be there.

The 11 a.m.-1:00 p.m. person will now close the Chapel at 1:00 p.m. I have put instructions for closing in the volunteer folder; you can also contact Jean Cohn if there are questions at spangle1@comcast.net or 240.372.3652.

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 23 in the church kitchen. If you have any questions, Contact Javier at ocampo@ascensionmd.org

Connecting College Students to Our EDOW Campus Ministers

EDOW requests for names of college students in our parishes who will attend our local schools this fall. Whether entering freshmen or rising upperclassmen, they would love to know and support them. So, if you have students at any of the following, could you drop a note to Joey at jrick@edow.org or to their respective campus ministers (listed below)? They would love to keep them connected to the our Episcopal chaplaincy and also to whatever parish is closest to them.

- American University, Carolyn Seton, cseton14@gmail.com
- George Washington University, Shawn Strout, strout@stpauls-kst.com
- Georgetown University, Becky Zartman, rebecca.zartman@gmail.com
- Howard University, Yolanda Rolle, yolanda.rolle@howard.edu
- St Mary's College, nathanbeall1@gmail.com or
- The University of Maryland, Kriste Pitts, rev.kpitts@gmail.com

CONNECT WITH US ON SOCIAL MEDIA



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



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



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



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

CONTACT US

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www.ascensionmd.org

- ◆ Office Hours: Monday-Friday 10:00 a.m. 4:00 p.m.
- ◆ Phone: 301.948.0122 ◆ Fax: 301.926.9012
- ◆ Randy's Cell: 301.801.4347
- ◆ Javier's Cell: 202.903.6426
- ◆ Prayer requests: Fill out a yellow prayer request card on the table outside the office, in the Chapel or e-mail the office at office@ascensionmd.org.

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

Rector - (The Rev.) Randy Lord-Wilkinson
ral@ascensionmd.org, voice mailbox 12

Assistant to the Rector—The Rev. Javier García Ocampo
ocampo@ascensionmd.org, voice mailbox 16

Minister of Music—Jerrold Tidwell,
tidwellj@ascensionmd.org, voice mailbox 11

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, 301.540.4499
mard908@gmail.com, Dotty Pfadenhauer, dottypfa@aol.com
and Georgana Maines, mainesgnh@verizon.net

Nursery Attendant—Brenda Alvarez,
brendaalvarezduque@hotmail.com

LEADERSHIP AT ASCENSION

Senior Warden: Betsy Hasegawa
Junior Warden: Janet King

Vestry:

2018: Berenice Rodriguez, Avin Lalmansingh,
Gary McLaughlin

2019: Rose Buck, Zadinga Ogada, John Pruessner

2020: Gordon Donnelly, Meredith Horan, Luis Pedron
Sari Stoddard, *Clerk of the Vestry*
Howard Holland, *Treasurer*

Christian Formation for Children: Megan Didavi ~ Christian
Formation for Youth: Angie Hight-Walker ~ Facilities: Ted Be-
dell Finance: Howard Holland ~ Mission: Paul Boynton ~ Pas-
toral Care: Randy Lord-Wilkinson Personnel: Jean Cohn ~
Worship: Carleton MacDonald

Delegates to Diocesan Convention:

Kristen Keating, Carleton MacDonald, Sue Snay
Alternate: Mardia Dennis

Cycles of Prayer

In the Diocesan cycle of prayer, we pray for
St. Augustine's Church, Washington
St. Albans School for Boys
The National Cathedral School for Girls
Beauvoir, The National Cathedral Elementary School
Washington Episcopal School
The Bishop John T. Walker School

THIS WEEK AT ASCENSION

MONDAY, AUGUST 28

1:00 p.m. Al-Anon—Room 1
6:00 p.m. Ensemble Rehearsal—Main Church
6:30 p.m. Overeaters Anonymous—Room 4
6:30 p.m. Spanish Class—Ascension House

TUESDAY, AUGUST 29

11:00 a.m. Staff Meeting—Library
6:00 p.m. Spanish Bible Study—Ascension House
7:00 p.m. Codependents Anonymous—Room 1
7:00 p.m. Stillwater Mindfulness Group—Chapel
8:30 p.m. Al-Anon—Room 1

WEDNESDAY, AUGUST 30

10:00 a.m. Wednesday Morning Book Group—Library
1:00 p.m. Al-Anon—Room 1
7:00 p.m. Overeaters Anonymous—Room 1
8:00 p.m. Gamblers' Anonymous—Chapel

THURSDAY, AUGUST 31

10:00 a.m. Yoga—Chapel
4:00 p.m. Tai Chi—Chapel
7:30 p.m. Zumba—Undercroft Commons

FRIDAY, SEPTEMBER 1

1:00 p.m. Al Anon—Room 1
6:00 p.m. Couples 12-Step Program—Room 1

SATURDAY, SEPTEMBER 2

9:00 a.m. Overeaters Anonymous—Chapel
11:00 a.m. Al-Anon—Undercroft Commons
11:00 a.m. Overeaters Anonymous—Room 1

SUNDAY, SEPTEMBER 3

Preacher: Randy Lord-Wilkinson
7:45 a.m. Holy Eucharist—Main Church
9:00 a.m. Holy Eucharist—Main Church
10:15 a.m. Service for Young Children— Chapel
11:00 a.m. Misa en Espanol—Chapel
11:15 a.m. Holy Eucharist—Main Church
5:00 p.m. Holy Eucharist: Last Chance Church —
Chapel

Attendance	August 6	August 13	August 20
7:45 a.m.	24	24	25
9:00 a.m.	66	74	58
10:15 a.m.	17	0	16
11:00 a.m. Spanish Service	33	42	45
11:15 am	69	31	45
5:00 p.m.	9	9	7
Total:	218	180	196