

WELCOME TO CHURCH OF THE ASCENSION

Eleventh Sunday after Pentecost : 5 August A.D. 2018

Healing Prayer

Healing Prayer is a sacramental rite in which a person may be anointed with holy oil or experience the laying on of hands, by which God's grace is experienced for the healing of spirit, mind, and body. Healing prayer may be administered by the priest or by trained lay ministers. There are references in the Old Testament to Healing Prayer (particularly in the Psalms, and in Samuel); but the New Testament offers many direct statements from Jesus' preaching where we are to preach the kingdom and heal the sick. Remember that a very high percentage of Jesus' ministry was healing, and that those who sought Him out were subject to all kinds of physical ills, as well as many disabling emotional and spiritual troubles.

In our society today we're experiencing high levels of stress and anxiety. Even in an age of technological marvels, amazing treatments for disease, and medication for previously untreatable conditions, we experience much brokenness and fear. There is trauma and uncertainty in everyone—evident when we least expect it. Healing prayer helps us to trust that God does heal; that in his unfailing love for us that he wants us to live fully, joyfully, and abundantly as he designed us to do. Healing ministers offer listening, love, and prayer for body, mind and spirit. They do not judge, they do not offer advice, they do not practice magic, or pretend to offer miracles. The effectiveness of healing prayer lies in helping a petitioner to call upon God to intervene, to relieve his troubles in whatever way he knows we need.

Sometimes, people are a bit afraid of healing prayer—that nothing will “happen”, or that something will happen. But prayer is not an on/off switch, it is a process. The healing that we experience comes from the mystery of God's love and will. It has nothing to do with any skill or charisma of the healing prayer minister, who is merely a conduit for God's love. Healing prayer is truly a process of inviting God to be present in our lives.

At the Church of the Ascension there is a team of healing prayer ministers.

Someone is available at every celebration of the Eucharist in the little alcove off the narthex. If you wish to participate, you may come in silence, or name that which troubles you. You will receive a simple, compassionate prayer for your healing in mind, body and spirit. It is also appropriate to offer prayers of Thanksgiving for healing, or recognition of the gifts of God.

Do not be shy. We invite you to experience the healing power of prayer.

Javier+

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).

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.

How much do you know About Ascension Website?

Recently, we have found out that everyone is not aware of what is available on our website and we decided to start introducing some of the pages that are important for members one at a time.

Did you know you can sign up to our email list groups directly from the our website. From the navigation menu, if you click "For Visitor", you will see the signup sheet on the right. Fill out your name and email and check the checkbox next to the subscriptions you are interested in. It is as simple as that.

The screenshot shows the Church of the Ascension website. The header includes the church's name, a quote from 2 Corinthians 5:20, and a search bar. The navigation menu includes: Who We Are, Learning, Worshiping, Giving, Serving, Quick Links, For Visitors, and Contact Us. The main content area is titled "For Visitors" and contains a "How do I contact you?" section with mailing address, email, phone, and fax information. Below that is a "How do I get to Church of the Ascension?" section with a map. On the right side, there is a "Subscription Sign Up" form with fields for Full Name and Email address, and a list of checkboxes for various subscription options: Parish, Flower Delivery, Youth at Ascension, Master Worship Leaders List, Latino Roster, Counters, The Ascendant Newsletter, Vestry, test email, and Latino part of the Church. A "Sign up" button is at the bottom of the form.

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.

Javier is out next week

Javier will be on vacation from August 6th to 12th. For any emergency, please contact Nan at 202-277-5362 or Email at hildebrandnan@gmail.com

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 ocampo@ascensionmd.org

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

Prison Ministry

Bubba Pflantzbaum has been writing to an inmate in Cumberland for about 10 years, providing friendship and access to information. His name is Jim, and he may be released in the next year or so. Jim is always looking for people to correspond with, so if you are interested in getting involved with this ministry, please email Bubba at bubbashalom@gmail.com

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

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 at Narthex, 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

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

Interim Ministers of Music

9:00 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

Sari Stoddard, *Clerk of the Vestry*

Avin Lalmansingh, *Treasurer*

2021: Berenice Rodriguez, Robert Waters,

Susan McLaughlin

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: Church of the Transfiguration, Silver Spring

THIS WEEK AT ASCENSION

Monday, August 6

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

Tuesday, August 7

- 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 8

- 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 9

- 10:00 a.m. Yoga—Chapel

Friday, August 10

- 1:00 p.m. Al-Anon—Room 1

Saturday, August 11

- 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 12

Preacher: Nan Hildebrand

- 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
- 12:00 p.m. Eucaristia en Espanol—Main Church
- 1:30 p.m. Pastoral Care Team —Library
- 6:00 p.m. Youth Group—Undercroft

Attendance	July 15	July 22	July 29
8:00a.m.	24	21	
10:00 a.m.	102	144	161
12:00p.m.	27	33	
Total:	153	198	161