

# WELCOME TO CHURCH OF THE ASCENSION

*The Sixth Sunday after the Epiphany: 12 February A.D. 2017*

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Prayer attributed to St. Ignatius of Loyola  
1491-1556

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 me toward your praise.

Teach me reverence for every person, all things.

Energize me in your service.

Lord God, may nothing distract me from  
your love...

Neither health nor sickness

wealth nor poverty

honor nor dishonor

long life nor short life.

May I never seek nor choose to be other  
than you intend or wish. Amen

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## Wednesday Nights in Lent

Wednesday evening yoga is back. Meet Randy in the Chapel at 6:00 p.m. for half an hour of gentle yoga. There are plenty of extra mats and blocks for those who need them.

Then there will be 20 minutes of Centering Prayer (instruction provided for those new to the practice).  
Then at 7:00 p.m. follow Randy to the Library for a 5 session class on how to read the Bible called *Who Says So?*

From the Introduction:

This adult education curriculum is designed to lead participants into an encounter with scripture as a source of authority for the Church and in their own lives. Its purpose is:

- To overcome common fears of discussing scriptural authority shared by many Episcopalians
- To give participants an awareness of the existence, strengths and limitations of a diversity of positions in relation to the authority of scripture, together with tools to understand the ways in which scriptural authority can be invoked by different groups
- To give participants an understanding of changing views of scriptural authority throughout history, including the uniquely Anglican perspective
- To enable participants to experience a diversity of methods of exploring and interpreting the scriptures
- To encourage participants to reflect upon the authoritative claims that they allow scripture to make on their own lives

Lenten formation starts on March 8.

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## 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: Randy Lord-Wilkinson**

Refreshments and conversation follow every service in the Narthex.

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

### Godly Play

Today, We will explore the Parable of the Mustard Seed. Jesus told this story when asked to describe the Kingdom of Heaven. In it Jesus compares the Kingdom of Heaven to the smallest of all seeds that grows into a large bush like tree.

On Sunday, Feb 19th, Parable of the Great Pearl: We will study the Parable of the Great Pearl from the Gospel of Matthew(13:45). In this Parable Jesus compares the Kingdom of Heaven to a merchant who goes in search of the Great Pearl, and exchanges everything for the Great Pearl when it is found. The children and teachers will explore questions about the parable after hearing the story.

### A Joyful Path

The Members of a Joyful Path will be studying how we are a part of the community of life that includes all people. Lesson topics will be: What is family?; People in the Neighborhood; The New Tribe and No Boundaries. Please come and join us downstairs in Room 11 during the 9:00 a.m. and 11:15 a.m. services

### Yoga Classes

Randy's yoga class is every Thursday at 10:00 a.m. in the Chapel. These are gentle, entry level classes anyone may enjoy. No props are needed. There are some mats, blocks and blankets for those who want them. If you have your own mat, bring it. Wear loose fitting, comfortable clothing.

### Tai Chi Class

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 at sunset. Please come and join us.

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

### Cell Group for Families with Young Children

The cell group for families with young children meets the first Sunday of every month at 11:15 am in the church library. We are currently discussing Brian McLaren's *We Make the Road by Walking*. If you have any questions, feel free to contact at [sarahanear@gmail.com](mailto:sarahanear@gmail.com)

### New Cell Group

How's your family tree? For some, we have been slaving to manually accumulate the data and documents that show your lineage. For others, the new technology is hard to avoid. If you, like me, got an Ancestry.com membership for Christmas, or you're an early adopter, or just curious, let's get together to explore the technology, help one another navigate the rapids of technology, or just cheer one another onward. I would like to gather together folks that can do all that and more. If you are interested, let's meet at the Church on this coming Wednesday evening at 7:00 p.m. in the Church Office. I will be there every other Wednesday for at least the next month to give you a chance to drop in and make your interest known. Feel free

## LIFE LONG LEARNING

to contact me at [garymclaughlin100@gmail.com](mailto:garymclaughlin100@gmail.com), or give me a call at home 301.340.7139

### New Book for Wednesday Morning

Starting at the usual time (10:00 a.m.) on February 1 (in the Library), the Wednesday morning book discussion group will begin to talk about Krista Tippett's *Becoming Wise: An Inquiry into the Mystery and Art of Living*. From the author: "The discourse of our common life inclines towards despair. In my field of journalism, where we presume to write the first draft of history, we summon our deepest critical capacities for investigating what is inadequate, corrupt, catastrophic, and failing. The 'news' is defined as the extraordinary events of the day, but it is most often translated as the extraordinarily terrible events of the day. And in an immersive 24/7 news cycle, we internalize the deluge of bad news as the norm—the real truth of who we are and what we're up against as a species. But my work has shown me that spiritual geniuses of the everyday are everywhere. They are in the margins and do not have publicists. They are below the radar, which is broken."

### 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. Contact Lori Perine at [lperine@gmail.com](mailto:lperine@gmail.com) if you would like to join us.

### Youth Group Schedule Spring 2017

- February 12 - Regular Meeting in Undercroft Commons
- NEW - February 19: Northern Montgomery County Regional Youth Consortium Laser Tag at Shadowland in Gaithersburg. Cost is \$13.50 and the first game starts at 5:00 p.m. Let Angie know if you are going.
- February 26 - Regular Meeting in Undercroft Commons
- March 12 - Regular Meeting in Undercroft Commons
- NEW - March 19: Northern Montgomery County Regional Youth Consortium at Ascension-making blessing baggies
- March 26 - Regular Meeting in Undercroft Commons
- April 9 - No Youth Group due to Spring Break
- April 23 - Regular Meeting in Undercroft Commons
- April 30 - Youth Sunday: NO YOUTH GROUP BUT LOTS OF CHURCH TIME
- May 21\* - Picnic at Hight Walkers'

### Ascension 2017 Cookbook

We are very excited to be in the creative process of producing the church of the Ascension Community Cookbook! We know Our members (and their family and friends) are blazing good cooks! This is the time to share some delicious recipes, and give credit to those Mothers and Fathers, and Aunties who gave us the recipe in the first place. We are gathering the recipes right now, and would love to have you take a moment to give us those wonderful directions on paper (forms in the Narthex) or electronically from the website: <http://ascensionmd.org/wp-content/uploads/2017/02/Recipe-Card-English.pdf> Please complete your submission by March 5. And, in case you have not heard, the Ladies Cookbook Committee will pump up your enthusiasm for our cookbook endeavor in a unique way! They will be making some of their own yummy appetizers for us all to try at the Pancake Supper, February 28. Definitely put THAT on the Calendar.

If you have any question about the content or process, please contact Zadinga @Z\_Zulu@msn.com



## LIFE LONG LEARNING

### Still Water Mindfulness Practice Group

Mindfulness is our capacity to be fully present in our own lives, to be aware of what we are doing as we are doing it. As we develop our awareness, an inner stillness naturally grows. We are better able to embrace the world, better able to experience the Kingdom of God in the present moment. Our weekly program of meditation and mindfulness practices in the tradition of zen monk and peace activist Thich Nhat Hahn will continue on Tuesdays from 7:00 to 8:30 p.m. in the chapel.

## LIFE AT ASCENSION

### Shrove Tuesday Pancake Supper

This fun annual event will be held on Tuesday, February 29, 2016 from 6:00 p.m. - 8:00 p.m. in the Undercroft Commons. Come join us to celebrate Mardi Gras, Carnival, Fat Tuesday...or a good excuse to have pancakes and sausage! Vegetarian sausage and sugar-free syrup are included on the traditional menu...there will be something for everyone. Also, if you plan to submit a recipe to the Ascension cookbook feel free to bring a sample of your dish to share.

Cost (s); \$5.00 per adult; \$3.00 per children 4 to 10 years; and children under 4 are free. We DO take debit and credit cards. If you have an instrument you would like to play, contact Randy at [ral@ascensionmd.org](mailto:ral@ascensionmd.org). This fun event needs lots of helpers AND lots of attendees, 'the more, the merrier!' Sign up here <http://www.signupgenius.com/go/70A0A4CABA82DA75-shrove1>

### Annual Meeting

Our annual parish meeting will take place at 12:30 p.m. on Sunday, March 12 in the Undercroft Commons. We'll begin with a potluck lunch. Our primary business will be to elect new Vestry members and to have a time for shared reflection on the ministry and mission of Ascension. The Vestry candidates will be available for dialog on the preceding Sunday after the 9:00 a.m. and 11:00/11:15 a.m. services in the Undercroft Commons.

### Sunday Morning Cell Group for Cell Group Leaders

If you are interested in growing your faith and connecting with other Ascensionites, then join me for a cell groups leader training. Cell groups are a great way to develop your faith in the context of relationship. We will talk about how to form, participate and facilitate a small group. We will address best practices and a structure to start your group off with. Join me Sunday after the 9:00 or 11:15 services in Library, starting Sunday, March 5. Blessings, Jason Cutshall, [jascut@me.com](mailto:jascut@me.com)

### St. Valentine's Party

The St. Valentine's Party will be on Saturday, February 18 from 6:00 p.m. to 11:00 p.m. in the Undercroft Commons. We will have food, drinks and music. The tickets are \$15 per person. For more information and tickets, contact Javier Ocampo at [ocampo@ascensionmd.org](mailto:ocampo@ascensionmd.org). Tickets will also be on sale in the narthex of the main church on Sunday, February 12.

### Ash Wednesday

Ash Wednesday is March 1. We will celebrate the Holy Eucharist and offer the Imposition of Ashes at 12:00 noon and 7:30 p.m. in the Main Church. The evening service will be bilingual. The Labyrinth will be available for meditation in the Chapel from 10:00 a.m.—7:00 p.m. "Ashes to Go" will be offered again this year for morning commuters at the Shady Grove Metro Station.

## 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.

Sign-up for contributions are through an online system and assembly occurs by those present after the 9:00 am service on the third Sunday of the month. We will put lunches together on **February 19** at 10:15 am. Contact Edith at [esekasi@gmail.com](mailto:esekasi@gmail.com) if you would like to help, or sign up at <http://bit.ly/1VAKEz8>.

### Mobile Med

The MobileMed clinic will move to the Rockville site during the months of January and February due to the van being too cold and uncomfortable for patients, providers, volunteers and staff. The Rockville site address: 981 Rollins Ave, Rockville, MD 20852

### 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

## FINANCIAL REPORTS

or [melanie.mitchell@verizon.net](mailto:melanie.mitchell@verizon.net)

### Annual Giving Campaign Extension

The Annual Giving Campaign has been extended to help us reach our 2017 funding goal of \$500,000. Please help us send a clear message that we are a community that lives generously and supports Ascension's mission and outreach. Many of you have already pledged, and we thank you for your generosity. In the coming weeks, the Vestry will be calling members who have not yet turned in a pledge form to ask that they do so as soon as possible. Thank you in advance for your support. **Envelopes for annual giving pledges and the Facilities Reserve Fund are now available on the table outside the Church Office.**

### Pledge Update as of 2-6-17:

- 155 Pledges for the Annual Giving Campaign, for a total of \$356,339
- 64 Pledges for Facilities Reserve Fund, for a total of \$87,412

Below are the names of those who pledged to the annual giving campaign this past week:

- Tony, Florence & Emmanuel Chukwurah
- Wadai Dennis
- Andrew & Venice Greene
- Edna Leake
- Georgana Maines

And the name of those who pledged to the Facility Reserve Fund:

- Christopher & Vivian Rennie

## CONTACT US

205 S. Summit Ave., Gaithersburg, Maryland, 20877  
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  
**Seminarian**—Jason Cutshall  
jascut@mac.com  
**Minister of Music**—Jerrold Tidwell,  
tidwellj@ascensionmd.org, voice mailbox 11  
**Parish Administrator** - Kathy Van Arnum  
office@ascensionmd.org, voice mailbox 10  
**Media Specialist**—Eleni Hailu  
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**Interim Altar Guild Directors**, Mardia Dennis, 301.540.4499  
mard908@gmail.com, Dotty Pfadenhauer, dottypfa@aol.com  
and Georgana Maines, mainesgnh@verizon.net  
**Children's Music Leader** - Howard Hanson,  
howarddhanson@gmail.com  
**Chapel Musicians** - Eric O'Loughlin, ericsmelody@gmail.com,  
Samuel Munguia, pianoconclave@verizon.net  
**Nursery Attendant**—Brenda Alvarez,  
brendaalvarezduque@hotmail.com

## LEADERSHIP AT ASCENSION

**Senior Warden:** Betsy Hasegawa  
**Junior Warden:** Janet King

### Vestry:

2017: Denise Lionetti, Najma Stubblefield, Paul Whitmore  
2018: Berenice Rodriguez, Avin Lalmansingh,  
Gary McLaughlin  
2019: Rose Buck, Zadinga Ogada, John Pruessner  
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  
Theological Education Sunday  
Diocesan Commission on Ministry All Seminaries,  
Seminarians, and Seminary Professors;  
Postulants and Candidates  
Pray in thanksgiving for the life and  
witness of Absalom Jones

## THIS WEEK AT ASCENSION

### MONDAY, FEBRUARY 13

11:30 a.m. Living with a Chronic Illness—Room 1  
1:00 p.m. Al-Anon—Library  
6:30 p.m. Overeaters Anonymous—Room 4  
**6:30 p.m. Spanish Class—Ascension House**  
7:00 p.m. Jr. Girl Scout Meeting—Room 6  
7:00 p.m. Outreach Committee Meeting—Library  
**7:45 p.m. Choir Rehearsal—Choir Room**

### TUESDAY, FEBRUARY 14

11:00 a.m. Staff Meeting  
**6:00 p.m. 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, FEBRUARY 15

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

### THURSDAY, FEBRUARY 16

10:00 a.m. **Yoga—Chapel**  
4:00 p.m. **Tai Chi—Chapel**

### FRIDAY, FEBRUARY 17

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

### SATURDAY, FEBRUARY 18

9:00 a.m. Overeaters Anonymous—Chapel  
11:00 a.m. Al-Anon—Undercroft Commons  
11:00 a.m. Overeaters Anonymous—Room 1  
6:00 p.m. Valentine's Day Party—Undercroft Commons

### SUNDAY, FEBRUARY 19

**Preacher: Randy Lord-Wilkinson**  
7:45 a.m. Holy Eucharist—Main Church  
8:15 a.m. Choir Rehearsal—Choir Room  
9:00 a.m. Holy Eucharist—Main Church  
9:00 a.m. and 11:00 a.m. Godly Play—Room 6  
9:00 a.m. and 11:00 a.m. Joyful Path—Room 11  
10:15 a.m. Service for Families with Young Children—  
Chapel  
10:15 a.m. Men's Shelter Lunches  
11:00 a.m. Misa en Espanol—Chapel  
11:15 a.m. Holy Eucharist—Main Church  
5:00 p.m. Holy Eucharist—Chapel

Church Attendance	Jan. 22	Jan. 29	Feb. 5
7:45 a.m.	28	22	25
9:00 a.m.	95	93	123
10:15 a.m.	11	16	12
11:00 a.m. Spanish Service	46	58	50
11:15 am	36	66	50
11:30 a.m. At Sunrise	12		—
5:00 p.m.	17	16	14
<b>Total:</b>	<b>245</b>	<b>271</b>	<b>274</b>