

WELCOME TO CHURCH OF THE ASCENSION

The Fourth Sunday after the Epiphany: 29 January A.D. 2017

Trust

Trust is a feeling of confidence that things can unfold within a dependable framework that embodies order and integrity. We may not always understand what is happening to us, or to another, or what is occurring in a particular situation; but if we trust ourselves, or another, or we place our trust in a process or ideal, we can find a powerful stabilizing element embracing security, balance, and openness within the trusting which, in some way, if not based on naiveté, intuitively guides us and protects us from harm or self-destruction.

Perhaps we could experiment with trusting the present moment, accepting whatever we think or feel or see in this moment because this is what is present now. If we can take a stand here, and let go into the full texture of now, we may find that this very moment is worthy of our trust. From such experiments, conducted over and over again, may come a new sense that somewhere deep within us resides a profoundly healthy and trustworthy core, and that our intuitions, as deep resonances of the actuality of the present moment, are worthy of our trust.

- John Kabat-Zinn, author of *Wherever You Go There You Are*

Pledge Envelope boxes for those who made commitments to both the Annual Giving Campaign and Facilities Reserve Fund are now available on the table outside the Church Office.

Pictorial Directories are here! They are in a box on the table outside the Church Office. Priority is given to those who had portraits taken

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

This week in *Godly Play*, we will study The Exodus, when Moses led the People of God out of slavery in Egypt through a parting in the Red Sea. This story helps evoke the People's experience of God's elusive presence. Godly Play classes meet downstairs in Room 6 during the 9, 11 & 11:15 services.

A Joyful Path

The members of *A Joyful Path* will be spending the next several Sundays studying and learning about "the Many Ways." We will be exploring and discovering the beliefs and rituals of the five major world religions. We will continue our journey from Hinduism to Buddhism. Come and join us in Room 11 during the 9, 11 and 11:15 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

sarahanear@gmail.com

A White Historian Confronts American Slavery

This is a free talk with discussion on Monday, February 6 at 7:00 p.m. at the Bethesda Public Library with Dr. Susan Strasser, sponsored by Bethesda Friends Meeting. In response to #BlackLivesMatter and the murders at Charleston's Emanuel AME Church, historian Susan Strasser seeks to serve people grappling with contemporary issues of race and racism by discussing the latest historical scholarship on slavery. Mark Greiner, pastor of the Takoma Park Presbyterian Church, writes: "The lecture so evocatively described our shared history and its ongoing legacies and struggles. Further, you modeled how a white person/scholar can

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struggle into owned history. You simultaneously 'performed' history and solidarity. Sobered, delighted with and inspired by your work." This is part of a series of illustrated talks, "A White Historian Reads Black History." Others are about lynching, housing segregation, and voting rights. Dr. Strasser, Richards Professor of American History Emerita at the University of Delaware, is a prize-winning historian of American consumer culture. She has been praised by the *New Yorker* for "retrieving what history discards: the taken-for-granted minutiae of everyday life." For more about Susan Strasser, see susanstrasser.net.

New Cell Group Formation

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 to contact me at 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." Read the Introduction for discussion this Wednesday.

Spanish Classes

Come and join us to Ascension Spanish Classes on Thursdays from 6:30 to 9:00 p.m. You don't need to speak Spanish to come, because we get together to learn and/or practice. For more information contact Javier.ocampo@ascensionmd.org

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.

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 if you would like to join us.

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Music Sunday is Today!

Hello everyone! I look forward to continuing our new monthly music program for the 9:00 and 11/11:15 Sunday school children this morning. Please bring the 9:00 a.m. Sunday School's children to the white chapel by 9:50 a.m. and the 11/11:15 a.m. children to the choir room in the main church building at 11:30 a.m. The music program will last no more than 10 minutes. If you have any questions, you can e-mail me at howarddhanson@gmail.com. - Howard Hanson

LIFE AT ASCENSION

Visitors' Welcome Kits Are Available

If you are visiting Ascension today, Welcome! To learn more about the community that is Church of the Ascension, please take home with you a welcome packet, located on the Chapel counter and on the table next to the Office. A Welcome Team member will be glad to assist you!

Vestry Nominations Welcome



It is that time of year when the Vestry is in discernment around who may be called to the ministry of leadership at Ascension. If you'd like to nominate someone simply approach any Vestry member, or e-mail one of the Wardens: Betsy Hasegawa (grhasegawa@verizon.net) or Janet King (bkmechanical@aol.com).

February Family Movie Night

Everyone is welcome to meet up in the Undercroft Commons on Friday, February 3 at 6:30 p.m. to watch *Storks* (rated PG). From Amazon: "Storks deliver babies...or at least they used to. Now they deliver packages for global internet giant Cornerstore.com. Junior, the company's top delivery stork, is about to be promoted when he accidentally activates the Baby Making Machine, producing an adorable and wholly unauthorized baby girl. Desperate to deliver this bundle of trouble before the boss gets wise, Junior and his friend Tulip, the only human on Stork Mountain, race to make their first-ever baby drop - in a wild and revealing journey that could make more than one family whole and restore the storks' true mission in the world." We'll start off with pizza and whatever else people want to bring (for specific suggestions, follow this sign-up). We do ask for a donation of \$5 per person with a \$15 per family maximum toward the cost of the pizza. We'll start the movie at 6:45 and we'll most likely be out and off to bed by 8:30 p.m. You need not be a child, or have one, to attend! Dolls, favorite toys, sleeping bags and pillows are also welcome! Please RSVP by Midnight Thursday, February 2. We need 10 confirmations to make Movie Night happen...

To sign up, go here: <http://www.signupgenius.com/go/70A0A4CABA82DA75-seestorks>

Save the Date: Shrove Tuesday

The Annual Shrove Tuesday Pancake Supper will be on Tuesday, February 29 from 6:00-8:00 p.m. in the Undercroft Commons.

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St. Valentine's Party

St. Valentine's Party will be on Saturday February 18 from 6:00 p.m. to 11:00 p.m. We will have food, drinks and music. The ticket cost is \$15 per person.

For more information, contact Javier Ocampo at ocampo@ascensionmd.org

CARING FOR OUR COMMUNITY

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 or melanie.mitchell@verizon.net

FINANCIAL REPORTS

Annual Giving Campaign Extension

The Annual Giving Campaign has been extended through January 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 1-24-17:

- 148 Pledges for the Annual Giving Campaign, for a total of \$350,959
- 63 Pledges for Facilities Reserve Fund, for a total of \$83,812

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

Richard McFarland	Marion Dossen-Rice
Frances P Smith	Margaret Mirin
Adeline Hedd-Williams	

And those who pledged to the Facility Reserve Fund:

Mary Waldron

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,
tidwell@ascensionmd.org, voice mailbox 11

Parish Administrator - Kathy Van Arnum
office@ascensionmd.org, voice mailbox 10

Media Specialist—Eleni Hailu
comm@ascensionmd.org, voice mailbox 14

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

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: Zadinga Ogada ~ 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
Finance and Investment Committees
Standing Committee
The Mission and Ministry of the Episcopal Church

THIS WEEK AT ASCENSION

MONDAY, JANUARY 30

1:00 p.m. Al-Anon—Library
6:30 p.m. Overeaters Anonymous—Room 4

TUESDAY, JANUARY 31

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 1

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

THURSDAY, FEBRUARY 2

10:00 a.m. Yoga—Chapel
4:00 p.m. Tai Chi—Chapel
6:30 p.m. Spanish Class —Ascension House
7:45 p.m. Choir Rehearsal—Choir Room

FRIDAY, FEBRUARY 3

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

SATURDAY, JANUARY 28

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

SUNDAY, FEBRUARY 4

Preacher: Jason Cutshall

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
11:00 a.m. Misa en Espanol—Chapel
11:15 a.m. Families with Young Children Cell Group—
Library
11:15 a.m. Holy Eucharist—Main Church
5:00 p.m. Holy Eucharist—Chapel

Church Attendance	Jan. 8	Jan. 15	Jan. 22
7:45 a.m.	25	30	28
9:00 a.m.	76	82	95
10:15 a.m.	8	33	11
11:00 a.m. Spanish Service	48	44	46
11:15 am	68	36	36
11:30 a.m. At Sunrise	3	9	12
5:00 p.m.	18	12	17
Total:	246	246	234