

WELCOME TO CHURCH OF THE ASCENSION

The Sixth Sunday after Pentecost : 16 July A.D. 2017

The Great Turning

Contemplation is no fantasy, make-believe, or daydream, but the flowering of patience and steady perseverance. When we look at the world today, we may well ask whether it can be transformed on the global or even personal level. Our hope lies in the fact that an authentic inner life is going to change the society that we live in, just as we allow it to change us. God seems to patiently participate with us and kindly invite us into a long-term process of growth. Love and life are infinite.

I know the situation in the world can seem dark today. We are seeing theological regression into fundamentalist religions which believe all issues can be resolved by an appeal to authority (hierarchy or Scripture) and so there is no need for an inner life of prayer. In the United States we have seen the rolling back of a compassionate economic system and the abandonment of our biblical responsibility for the poor, the sick, and refugees. Fear and anger seem to rule our politics and our churches. We see these same things in many parts of the world.

The negative forces are very strong, and the development of consciousness and love sometimes feels very weak. But a "Great Turning" is also happening, as believed and described in many ways by such people as Teilhard de Chardin, Thomas Berry, Joanna Macy, and David Korten. There is a deep relationship between the inner revolution of prayer and the transformation of social structures and social consciousness.

The Apostle Paul has a marvelous line: "where sin increased, grace abounded all the more" (Romans 5:20). In so many places, there are signs of the Holy Spirit working at all levels of society. The church might well have done its work as leaven because much of this reform, enlightenment, compassion, and healing is now happening outside the bounds of organized religion. Only God gets the credit.

The toothpaste is out of the tube. There are enough people who know the big picture of Jesus' thrilling and alluring vision of the reign of God that this Great Turning cannot be stopped. There are enough people going on solid inner journeys that it is not merely ideological or theoretical anymore. This is a positive, nonviolent reformation from the inside, from the bottom up. The big questions are being answered at a peaceful and foundational level, with no need to oppose, deny, or reject. I sense the urgency of the Holy Spirit, with over seven billion humans on the planet. There is so much to love and so much suffering to share in and heal.

- Richard Rohr

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 11:00o'clock service.

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

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.

There is no Tai Chi on July 27.

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

Yoga

Randy's teaches a yoga class 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.

Wednesday Morning Book Group

We are now reading and discussing Neil deGrasse Tyson's *Astrophysics for People in a Hurry*. Read Chapters 6 and 7 for Wednesday

Education for Ministry (EFM) 2017-2018

In order for Ascension's Education for Ministry class to begin on or about September 12th, we need six people to have their registrations completed by August 25th. Peg Ruppel and David Mitchell renewed their mentor training in May, and now it's time to get the class registered. The \$375 tuition covers all books and materials.

If you want to explore your faith, the Bible, and the church more deeply, this is your chance. EFM is a distance learning program from the School of Theology at the University of the South (Sewanee, visit <http://efm.sewanee.edu>).

Questions? Concerns? Please contact Peggy Ruppel (ph.301.377.0728; email plr301@gmail.com) or David Mitchell (ph. 240.454.1904; email newlywed98@comcast.net) for more information.

Thanks, everyone! Peg

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

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.

LIFE LONG LEARNING

iRest Yoga Nidra

Dr. Tina Lightner-Morris will be offering an iRest guided meditation on Thursday July 27 @ 9:30 a.m. (after Randy's yoga class), in the Chapel.

iRest is a deep, restorative practice to relax the body, mind, and spirit. Developed from the ancient practice of Yoga Nidra ("yogic sleep"), psychologist, Richard Miller adapted the practice to help with anxiety, depression, PTSD and chronic pain syndromes.

We will be practicing while seated in chairs, so there is no need for yoga props. However, you are welcome to lie down or bring any props that make you more comfortable.

Bible Treasure Hunt

Hi All!

Over the summer, I'm offering a bible treasure hunt series - basically a scavenger hunt for 7 boxes about one of the fruits of the spirit in a local park. I'm doing it in Olney because I have a core group of people who are interested here, so it's a good test location, plus parks are parks. So making a 20 minute drive to play at a park that has friends and good shade, isn't such a big deal. Here is the flyer. I would love if you would let your people know. Thanks so much!

In Christ,
The Rev. Shivaun

LIFE AT ASCENSION

One Ascension—July 30

The second "One Ascension Sunday" is on July 30. We will have one service and celebrate as one community. It will be followed by a luncheon in the Undercroft. The luncheon is a potluck, so please bring your appetites and a dish or two to share. Please let Zadinga Ogada (z_zulu@msn.com) know what you plan to bring, so we can be ready for you.

Yard Sale & Car Wash- August 12

There will be Yard Sale and Car Wash on Saturday, August 12, 2017 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 ocampo@ascensionmd.org or 202-903-6426

Know a Grad?

Help us celebrate their rites of passage. E-mail Eleni (comm@ascensionmd.org), if you know of someone graduating from high, middle, or elementary school, or finishing a degree.

Got Glue?

And some clamps? Thank you ever so much, Gary McLaughlin, Pete Minderman, and Jim Utterback for performing first aid on the Chapel chairs. If any one else feels equipped to tighten up some loose chair legs, drop Randy a line (contact info on the back cover of this bulletin).

Baptism

Baptisms are being planned for August. Contact Randy or Javier if you would like to schedule one.

LIFE AT ASCENSION

August Recital at Ascension Sunday, August 20 at 7:30 p.m.

An evening of German, French and American classics. Come out and enjoy an evening of flute classics with works by J.S. Bach, Griffes, Burton, Varese, CPE Bach, and Hue performed by Cristian Dohler Rodas, flute; joined by Jerrold Tidwell and Janghyo Yoo on piano. This recital is free and open to the public, and there will be a reception afterwards.

Help Select Ascension's Future Adventures

On our website, we have posted the list that identifies many activities for Ascension's adventure group to possibly undertake during the upcoming 12 months or so.

Please help identify the most popular among these activities by sending an email to Richard Snay (rssnay@aol.com) identifying up to ten of these activities, each being of interest to you.

It would be helpful if you would number your suggested activities in the order of your preference from one to ten with the number 1 designating your most preferred activity.

Alternatively, you can simply hit the forward button for this email and then place the numbers in the first column of the following table before hitting the send button.

Please provide Richard your selections by Tuesday, July 18. He will then compile everyone's input and prepare a tentative schedule of our preferred activities.

You can access the list: <http://bit.ly/2u1dEdV>

Help Provide School Supplies and Backpacks for Children in Need

It is that time of year! Ascension is collecting school supplies to provide backpacks for students (kindergarten through 5th grade) at Summit Hall Elementary School, 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 services that address social, economic, health, and emotional issues that interfere with the academic success of a child. Lists of supplies for each grade level are available in the narthex and on the website. Please take a list or share a list with a friend. A monetary donation of \$14 is welcome to help cover the cost of the backpacks. Please place monetary donations in the collection plate. Please include "for backpacks" on the memo line of the check. On Sunday August 20, we will gather in Room 1 after the 9 am service to stuff the backpacks. All help will be appreciated. We can work together while we visit and get to know each other. Thank you for your support.

Yard Sale & Car Wash- August 12

There will be Yard Sale and Car Wash on Saturday, August 12, 2017 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 ocampo@ascensionmd.org or 202-903-6426

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>.

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.

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

Lord's Table Soup Kitchen

There is an opportunity to serve at the soup kitchen on the first Saturday or third Monday each month at 1:00 p.m. (prep work) or 3:00 p.m. (serving) across the street at St. Martin's Church. Contact one of our experienced team leaders, Page Salazar (Saturdays, pagesalazar@gmail.com) or Jean Cohn (Mondays, spangle1@comcast.net). We can always use more volunteers!

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, July 22 in the church kitchen. If you have any questions, Contact Javier at ocampo@ascensionmd.org

Graduations

Congratulations to Sarah Galaghar's Son, Jamie Gallagher, for graduating summa cum laude from UMBC on May 25 with a 4.0 GPA.

Congratulations to Paul Whitmore's grandson Dylan Bagarus for graduating from high school last month.

Congratulations to Raymond Chin's Son, PJ Chin, for graduating from Salisbury University with Bachelor Degree!

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

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
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 Bell Finance: Howard Holland ~ Mission: Paul Boynton ~ Pastoral 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
Church of St. Mary Magdalene
St. Christopher's Church

THIS WEEK AT ASCENSION

MONDAY, JULY 17

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
7:00 p.m. Listening Hearts Community—Library

TUESDAY, JULY 18

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, JULY 19

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

THURSDAY, JULY 20

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

FRIDAY, JULY 21

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

SATURDAY, JULY 22

6:00 p.m. Ministerio Felicidad
9:00 a.m. Overeaters Anonymous—Chapel
11:00 a.m. Al-Anon—Undercroft Commons
11:00 a.m. Overeaters Anonymous—Room 1
8:00 p.m. Enid Cole—Undercroft Commons

SUNDAY, JULY 23

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
1:30 p.m. Vestry Meeting—Room 1
5:00 p.m. Holy Eucharist: Last Chance Church —
Chapel

Attendance	June 25	July 2	July 9
7:45 a.m.	19	23	20
9:00 a.m.	74	72	67
10:15 a.m.	—	12	16
11:00 a.m. Spanish Service	36	33	45
11:15 am	68	43	40
5:00 p.m.	8	10	10
Total:	205	193	198