

WELCOME TO CHURCH OF THE ASCENSION

The Fourth Sunday after Pentecost : 2 July A.D. 2017

“Episcopal Belief”

What is unique and definitive about Episcopal *belief*? On the whole, we as a Christian denomination have not been as concerned about doctrine as we are about liturgy. We are not like the Romans, whose catechisms parse in some detail the beliefs of Catholics. Typically, we point to the Creeds. But as I explained in a recent sermon on the Nicene Creed, this can be as problematic as looking for definite answers in the Bible, for the same reasons. The Creeds and Scriptures were created in a cultural and historical milieu that is alien to our own, and much of the material simply cannot be understood literally.

That said, you probably know about the “three legged stool” that constitutes religious authority for Episcopal Christians: Scripture (our foundational stories), Tradition (the living evolving legacy of spiritual wisdom passed on from generation to generation), and Reason (the human intellect, as illuminated and enhanced by the Spirit of God).

And here are a few more defining characteristics of the Episcopal style of Christianity:*

1. Believe that following the path and teachings of Jesus can lead to an awareness and experience of the Sacred and the Oneness and Unity of all life;
2. Affirm that the teachings of Jesus provide but one of many ways to experience the Sacredness and Oneness of life, and that we can draw from diverse sources of wisdom in our spiritual journey;
3. Seek community that is inclusive of ALL people, including but not limited to:
 - * Conventional Christians and questioning skeptics,
 - * Believers and agnostics,
 - * Women and men,
 - * Those of all sexual orientations and gender identities,
 - * Those of all classes and abilities;
4. Know that the way we behave towards one another is the fullest expression of what we believe;
5. Find grace in the search for understanding and believe there is more value in questioning than in absolutes;
6. Strive for peace and justice among all people;
7. Strive to protect and restore the integrity of our Earth;
8. Commit to a path of life-long learning, compassion, and selfless love.

And I have always loved what former parishioner Seamus Welsh wrote about who we are, now in fact on our website:

The Episcopal Church of the Ascension is a progressive, multicultural Christian community in metropolitan D.C. with a passion for service, diverse worship, and life long spiritual formation. We believe that God continues to be revealed in all cultures in every era. We treasure the opportunities for mutual evangelism we encounter in our church and in our world. Our worship is a celebration of God’s abiding love. We are a community of unconditional welcome, inviting anyone to our worship community. We endeavor to speak newcomers’ languages and meet them in the cultures of their homes. Christianity means action. We see a fundamental connection between the freely given life of Christ and the giving of our lives in the service of others. The Christian journey is a life-long pursuit. We have a tradition of living a life in Christ by enriching our understanding through study, and converting our hearts through shared spiritual practice.

Peace, 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: Randy Lord-Wilkinson

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.

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*. The book is already a best seller after about a month. The hardcover is only \$11.37 from Amazon or you can absorb it via Kindle (\$8.91).

Read Chapters 5 and 6 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

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.

LIFE LONG LEARNING

Zumba Classes 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. beginning on June 22nd. 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.

iRest Yoga Nidra

Dr. Tina Lightner-Morris will be offering an iRest guided meditation on Thursday July 27 @ 9 a.m. (before Randy's yoga class).

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.

LIFE AT ASCENSION

Sanctuary Church Town Hall Meeting on July 9

Laura Stump of St. Stephen's and the Incarnation Church in D.C. will speak to us after the 9:00 a.m. service in the Nave about the process of discernment around become a Sanctuary Church.

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

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).

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 July 16 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

Graduation

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

Sermon Videos on YouTube



Go to: <http://ascensionmd.org/videos/>

or

Our Youtube Page: <http://bit.ly/2paseJO>

CONTACT US

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- ◆ 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
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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
All Faith Church, Charlotte Hall
Christ Church, Nanjemoy
Pray for justice, freedom and peace for all people
(Independence Day - July 4)

THIS WEEK AT ASCENSION

MONDAY, JULY 3

OFFICE CLOSED

1:00 p.m. Al-Anon—Room 1
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 4

OFFICE CLOSED

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 5

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, JULY 6

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

FRIDAY, JULY 7

1:00 p.m. Al Anon—Room 1
6:00 p.m. Couples 12-Step Program—Room 1
6:30 p.m. Movie Night—Undercroft Commons

SATURDAY, JULY 8

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

SUNDAY, JULY 9

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
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	June 11	June 18	June 25
7:45 a.m.	23	30	19
9:00 a.m.	68	72	74
10:15 a.m.	13	20	—
11:00 a.m. Spanish Service	31	72	36
11:15 am	40	41	68
5:00 p.m.	5	12	8
Total:	180	247	205